

Creamy Mushroom Croque Madame

Preparation time: 30 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Vegetarian



Ingredients

- 2 tablespoons extra virgin olive oil
- 200g mushrooms, sliced
- ½ leek, thinly sliced
- 1 tablespoon plain flour

- 3/4 cup skim milk
- 2 teaspoons Dijon mustard
- 3/4 cup baby spinach leaves, plus extra to serve (optional)
- 2/3 cup light tasty cheese, finely grated
- 4 large slices wholemeal sourdough
- 2 eggs
- Finely chopped chives, to serve
- Baby herbs, to garnish (optional)

Method

1. Heat 2 tsp of oil in a saucepan over medium-high heat. Cook mushrooms for 5 minutes, until golden brown. Season and remove from pan.
2. Heat 1 tbsp of oil in the pan over medium heat. Cook leek for 4 minutes, until soft. Stir in flour and cook for 1 minute. Gradually add milk, stirring to prevent any lumps. Cook for 3 minutes, stirring, or until mixture boils and thickens. Stir in the mustard and 1/3 cup of the cheese. Season to taste.
3. Spread leek mixture evenly onto 2 slices of bread. Top with a layer of mushrooms, spinach, and the remaining cheese. Sandwich together with remaining bread. Toast in a sandwich press for 4 minutes, until golden brown and cheese has melted.
4. Meanwhile, heat the remaining 2 tsp of oil in a non-stick frying pan over high heat. Crack the eggs into the pan and cook for 2-3 minutes, until whites are set and yolks are still runny.
5. Top each sandwich with a fried egg to serve. Scatter with chives and baby herbs.

Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
459g	2850kJ 681kcal	37.6g	35.9g	10.7g	46.6g	10g
Sodium	Fibre					
855mg	9.5g					

All nutrition values are per serve.