

Creamy Spinach and Poached Eggs



Preparation time:	15 mins
Serves:	4 people
User Rating:	★★★★☆

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Ingredients

- 8 Eggs (soft poached)
- Spray oil
- 2 rashers Lean smoked bacon (diced)
- 400g Baby spinach leaves (washed)
- 300 ml Low fat cream
- Ground pepper and nutmeg to taste

Optional:

- New potatoes

- 1 small onion

Method

1. Spray a saucepan with spray oil and heat, add diced bacon and cook gently until bacon starts to brown.
2. Add cream and cook until reduced by half and to a thick consistency. Add spinach and cook until wilted, season to taste.
3. Serve spinach in a shallow bowl top with soft poached eggs.

Notes

serve with boiled new potatoes as a side dish. For a vegetarian option replace bacon with diced onions.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
281g	1390kj 332kcal	20.6g	25.7g	12.4g	4.1g	4g	484mg	2.5g

All nutrition values are per serve.