Egg and Spinach Rice Bake

Preparation time:	40 mins
Serves:	4 people
User Rating:	★★★★☆

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Categories: Pantry and Fridge Staples, Dinner Recipes, Lunch Recipes, Vegetarian

We love this Egg and Spinach Rice Bake because it's super easy to make and equally as healthy.

It only requires a few ingredients, all of which you can probably find in your pantry or fridge. Keep scrolling to try it out yourself.

Ingredients

- 7 eggs
- ½ cup (125ml) milk
- Salt and pepper to taste
- 450g sachet microwave long grain white rice
- 250g frozen spinach, thawed and squeezed to remove excess liquid
- 2 cups (240g) grated cheese
- Serve with side salad

Method

1. Preheat oven 180°C/160°C (fan-forced) and lightly grease a 10-cup capacity ceramic baking dish.
2. Whisk 3 eggs and milk together in a large mixing bowl. Season with salt and pepper.
3. Heat microwave rice according to packet instructions. Add to egg mixture along with spinach and 1 ½ cups of cheese. Mix well.
4. Spoon into prepared baking dish and sprinkle with remaining cheese. Bake for 25 minutes.
5. Remove rice bake from oven and make 4 indents in the top of the rice. Crack an egg into each indent. Return to oven and bake for a further 10-12 minutes or until egg whites are set and yolk is still runny. Serve immediately with side salad.

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Try watching this video on www.youtube.com, or enable JavaScript if it is disabled in your browser.

Notes

- If using fresh spinach, use a 120g bag of baby spinach and wilt in a pan for 1 minute. Press out excess moisture and use a directed in the recipe.
- You can substitute the microwave rice with 450g of leftover cooked rice or pasta.
- Pack into portion size and freeze for 2 months. Defrost in the fridge overnight and reheat in the microwave.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
358g	2470kJ 590kcal	33.7g	31.7g	17.9g	40.3g	2.7g	614mg	7.3µg

All nutrition values are per serve.