

Spaghetti with Poached Egg, Fresh Salmon and Baby Spinach



Preparation time: 30 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes



Ingredients

- 6 eggs
- 400g wholemeal spaghetti
- 300g fresh salmon, thinly sliced
- 1 ½ cups baby spinach
- 80ml extra virgin olive oil
- 1 lemon, zest and juice
- Pepper to taste
- 1/4 cup parmesan shavings
- A fresh avocado and pea salad, to serve

Method

1. Cook the spaghetti in a large pot of water.
2. Poach the eggs and set aside.
3. Place salmon and spinach into a large bowl.
4. Once the pasta is cooked, lift it out of the water into the bowl stirring carefully. Add a little of the pasta water to bring it all together.
5. Use the heat from the pasta and water will cook the salmon and spinach.
6. Combine oil, lemon zest and juice, drizzle over the pasta, season with pepper.
7. Place onto plates and top with the poached egg and some parmesan shavings.

Notes

Twist up this recipe for other times of the year by replacing the salmon with cooked chicken strips.

Serve with: A fresh avocado and pea salad.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
217g	2112kJ 505kcal	27g	24.2g	5.4g	41.5g	0.5g	171mg	7.2g
Vitamin D								
7.1µg								

All nutrition values are per serve.