

BAKED EGGS WITH SPINACH & MUSHROOM



LifeShape Clinic

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INGREDIENTS (SERVES 2)

4 large eggs
2 cups of fresh baby spinach leaves
1 cup of sliced mushrooms
2 teaspoons butter
2 tablespoons of chopped spring onions, for garnishing
2 slices of rye bread, toasted
Salt and pepper for seasoning

METHOD

1. Pre-heat oven to 180°C.
2. In a large saucepan, melt butter and spread it out. Sauté mushrooms for 3-5 minutes, until softened. Remove from pan and set aside.
3. In the same pan, throw in the spinach leaves, moving them around until they have wilted slightly, then remove pan from heat. Combine sautéed mushrooms with the spinach and then season with salt and pepper.
4. Divide mushroom-spinach mixture evenly between two ceramic ramekins. Crack 2 eggs in each ramekin (making sure that the yolk remains intact). Bake in oven for 10 to 15 minutes or until the egg white is cooked through.
5. Serve immediately with 1 slice of rye bread, toasted. Garnish with spring onions and enjoy!

PER SERVE

Energy (cal)	327cal
Protein	22.1g
Fat	17.3g
Carbohydrate	17.6g
Fibre	11.1g

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