

Nutritious & Delicious Breakfast Recipes



Poached eggs and wilted spinach on wholemeal toast

Ingredients (Serves 1)

- 2 Medium Eggs
- 150g Spinach
- 1 Medium Slice of Wholemeal Toast
- 2 tsp Extra Virgin Olive Oil
- Salt & Pepper

Method

1. Wilt the spinach in a hot pan with a little olive oil - season. Drain
2. Poach the eggs to your liking.
3. Make the toast – drizzle with olive oil.
4. Serve together.

Key Nutrients

Portion	307g	100g	
Calories	340 (kcal)	111 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	19.9g	6.5g	Med
Saturates	4.7g	1.5g	Low
Sugars	3.3g	1.0g	Low
Salt	1.9g	0.6g	Med
Protein	22.7g	7.4g	–

Allergen Info: Wheat, Eggs