



Poached eggs, Spinach, Cream Cheese & Mushrooms on Toast

Servings: 2

Prep Time: 5min

Cook Time: 15min



Ingredients

- 2 cups baby spinach leaves, washed
- 2 shallots, thinly sliced
- 4 Portabello mushrooms, sliced
- 1 large clove of garlic, crushed
- butter or olive oil for frying
- salt and a pinch of cayenne pepper
- 2 large free-range eggs
- 2 tsp vinegar
- 2 generous Tbsp cream cheese
- 2 slices wholewheat toast (or substitute bagels, English muffins or bread of your choice)

Directions

1. In a small frying pan, heat a little olive oil or butter and add the garlic. Saute until sizzling gently, then add the spinach and mushrooms and cook until just wilted. Season to taste with salt and cayenne pepper. Keep warm.
2. Heat a small saucepan of water until it is almost boiling but not quite. Stir in the vinegar and bring to a gentle boil. Crack the eggs into individual ramekins, then use a spoon to stir the boiling water rapidly so that a little whirlpool forms in the centre. Holding the ramekin close to the surface, slip the egg into the centre of the whirlpool - this will help hold the egg white together. Turn the heat off, cover the pot and allow to cook for 4 minutes (you don't want to overcook the yolk!). Remove the egg from the water with a slotted spoon and keep warm; then repeat the process with the other egg.
3. Toast and butter the bread. Top each slice with half the spinach-mushroom mix and top this with half the cream cheese. Place an egg on top of each toast, sprinkle with a little more pepper and serve immediately.