

Spinach & eggs on toast with melon

(Serves 2)

Ingredients

- 4 Eggs, medium
- 2 x 800g Slices Hovis wholemeal bread, medium
- 1/2 tbsp Light Olive spread
- 2 Garlic cloves, crushed
- 2 tsp Lemon juice
- 300g Spinach, fresh
- 1/4 tsp Black pepper
- 160g Melon, sliced (any)

Preparation

1. Break eggs onto a plate gently, without breaking yolks.
2. Bring a pan of water to boil & carefully slide in the eggs.
3. Place a lid on the pan & turn the heat off. Leave eggs to poach for appx 3 minutes.
4. Remove with a slotted spoon & set aside on a clean plate. Keep warm.
5. Toast bread & warm olive spread in a saucepan.
6. Add garlic & lemon juice to melted spread & stir well.
7. Add spinach. Stir well.
8. Heat through for 1-2 minutes, until spinach wilted.
9. Place bed of spinach onto each plate, squeezing gently to remove excess fluid.
10. Put a poached egg on top of spinach & sprinkle with black pepper.
11. Cut toast up into fingers. Put on plate away from spinach to keep toast crisp.
12. Serve immediately with slice of melon on the side.

TOP TIP: Use an egg poacher pan if you have one instead of poaching eggs in pan of water.

NUTRITIONAL VALUES

PER SERVING

Calories 306

Total Sugars 8.51g

Total Fats 12.55g

Saturated Fats 3.69g

Salt 0.67g

Fruit & Veg 2.8