



Hearty Breakfast Eggs

List of ingredients

4 eggs
4 slices wholegrain bread
1 large bunch spinach, washed
margarine
salt and pepper
Small pinch of nutmeg (optional)

Optional ingredients

4 tomatoes (as a side dish)

Feeds 4 people.

Serve each person an egg basket and 2 tomato halves for breakfast.

How to prepare the dish

1. Preheat oven to 180°C.
2. Remove crusts from bread and spread with a little margarine.
3. Place bread margarine-side down in large-sized muffin tins.
4. Remove stems from the spinach leaves and place the spinach in boiling water until softened (this only takes a few minutes).
5. Remove and drain the spinach on paper towels or squeeze it dry in hands (once it has cooled off). Mix in a pinch of nutmeg with the spinach, if using.
6. Place the spinach in bottom of the muffin tins.
7. Crack an egg in each muffin tin on top. Season with salt and pepper.
8. Place in the oven and cook until the eggs reach the degree of softness you prefer.
9. Cut tomatoes in half and place in oven to cook at the same time as the eggs.