

# POACHED EGGS WITH WILTED SPINACH

## INGREDIENTS

- 2 eggs, whole
- 200 mL water
- 3 teaspoons of fresh chopped parsley
- Freshly ground pepper
- Lightly wilted spinach to serve

## METHOD

- Put 200 mL of water into a small saucepan.
- Bring to the boil.
- Crack an egg into a cup.
- Using a spoon, stir the water very quickly to create a 'whirlpool' and then slide the egg carefully into the water.
- Repeat with the remaining eggs.
- Simmer for three minutes or until each egg is firmly set.
- When eggs are cooked, remove from the pan with a slotted spoon and place on plate on a bed of lightly wilted spinach.
- Garnish with freshly chopped parsley and ground pepper. Can also sprinkle nutmeg on top for variation.



DETOX