

# **TURMERIC POACHED EGG**



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Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
219 kcal  
15g Fats  
12g Carbs  
14g Protein



## WHAT YOU NEED

- 2 tsp. pine nuts
- 1  $\frac{3}{4}$  cups (400g) of fresh spinach
- $\frac{5}{8}$  cup (125g) of tomatoes halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp. ground turmeric
- 2 medium-sized eggs

## WHAT YOU NEED TO DO

*Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.*

*In the meantime, heat the oil in a frying pan and stir fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.*

*Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 minutes, repeat with the second egg.*

*Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.*