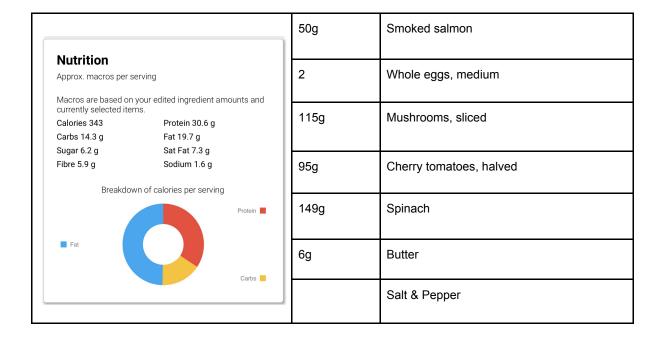


Smoked Salmon is a real treat and I've started to have it more often as a breakfast treat at the weekend. Paired with eggs it's a lovely hit of protein without too much effort.

Baking the eggs takes all of the work out of this recipe so for me it's a real lean winner!

INGREDIENTS FOR 1 SERVING



METHOD

- Preheat your oven to 190°C fan/400°F.
- Put a frying pan onto a medium heat and wilt the spinach.
- When the spinach has wilted, put it on a plate with some kitchen roll to soak up any excess liquid.
- Use the same pan to dry fry the mushrooms with a little salt to help some of the natural juices come out so that you don't need to use any oil.
- Take 2 ramekin pots or a small rectangular ceramic dish, smear the sides and bottom with the butter.
- Spread the spinach across the bottom of the dish.
- Now arrange the mushrooms on top of the spinach.
- Crack your eggs on the top of the mushroom and spinach mix.
- Bake these in the oven until cooked.
- This may take 10-15 minutes depending on how runny you like your eggs.
- When ready, put the pots on a plate and serve with the smoked salmon and cherry tomatoes.

NOTES

• You could microwave the egg pots but be careful not to do it for too long as I've had eggs explode in the microwave before!!!