



**SPINACH & MUSHROOM EGG POTS  
WITH SMOKED SALMON**

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**

<p><b>Nutrition</b> Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 343      Protein 30.6 g Carbs 14.3 g      Fat 19.7 g Sugar 6.2 g      Sat Fat 7.3 g Fibre 5.9 g      Sodium 1.6 g</p> <p>Breakdown of calories per serving</p>	50g	Smoked salmon
	2	Whole eggs, medium
	115g	Mushrooms, sliced
	95g	Cherry tomatoes, halved
	149g	Spinach
	6g	Butter
		Salt & Pepper

## 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!!!