



Brookdale
HEALTH HYDRO



Healthy Eggs Florentine

SOFT POACHED EGG WITH SPINACH & FETA ON A BLACK MUSHROOM

MEAT & WHEAT FREE

1	bunch of spinach, blanched & chopped
2 Tbsp	olive oil, divided
1	onion, finely chopped
1	garlic clove, crushed
½ cup	Danish feta, crumbled
2 Tbsp	plain yoghurt or cottage cheese
4	black mushrooms or 1 brinjal cut lengthways into 4 thick slices
4	free range eggs
2 Tbsp	parmesan cheese, grated
1 Tbsp	flat leaf parsley, chopped
	herb salt & ground black pepper

SERVES 4

Pre-heat oven to 180 degrees.

Blanch the spinach – pour boiling water over the leaves then plunge them into ice cold water to stop the cooking and retain the colour. Strain, chop and set aside.

Heat a saucepan with 1 Tbsp of the olive oil, sauté onion and garlic. Add spinach, crumbled feta and yoghurt. Heat through and season to taste.

Brush mushrooms with the rest of the olive oil and season. Place on a roasting tray and bake for ±10 minutes.

Poach eggs by boiling 1 litre of water in a saucepan with 1 Tbsp of salt and 1 Tbsp white vinegar. Drop the raw eggs into steadily simmering water and cook for 1 minute for a soft poached egg or longer for a harder egg. Use a slotted spoon to remove the eggs from the water.

Place the mushrooms on a plate and top with the spinach mixture and an egg. Garnish with parmesan, parsley and pepper.



This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za