



INGREDIENTS

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

Turmeric Poached Eggs

Serves 2

Prep 10 mins / Cook 5 mins

INSTRUCTIONS

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 salt and pepper. Break open the eggs just before serving.

Nutrition information is given per serving

Cals 219 | fats 15g | carbs 12g | protein 14g