






## FRIED EGG SPINACH PESTO TOAST

If you're looking for a quick and easy, yet totally satisfying, breakfast or meat free brunch, then this is the recipe for you. With vibrant green veg and protein rich eggs, it's sure to hit the spot.

 5 minutes  
 10 minutes  
 2 portions

## INGREDIENTS

- 80 grams of spinach
- 4 small slices of wholemeal bread
- 8 sundried tomatoes (approx. 16 grams), rehydrated
- 4 eggs
- 6 teaspoons of pesto (approx. 30 grams)

## COOKING METHOD

- 1° Rehydrate the sundried tomatoes by covering them with hot water and letting them stand on the counter for 5 minutes.
- 2° Add the spinach and 1 teaspoon of water to a small saucepan and cover with a lid. Allow the spinach to steam on a medium-low heat for 3 minutes. Stir, and once the spinach has wilted, remove from the heat.
- 3° While the spinach is cooking, spray a frying pan with a little oil. Place the pan over a medium heat. Crack the eggs into the pan and lightly season with salt and pepper. For a running yolk, cook the eggs for 2-3 minutes and for a firm set yolk flip the egg and cook for another minute.
- 4° Meanwhile, toast the bread in the toaster.
- 5° To assemble, chop the sundried tomatoes and spinach. Spread 1 ½ teaspoons of pesto on each slice of toast, top with the wilted spinach and sundried tomatoes and lastly place an egg on each.
- 6° Tip: To reduce carbs, replace the bread with sliced pieces of sweet potatoes and toast them in the toaster.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (223 g)	% DRI
ENERGY	154 kcal	343 kcal	17 %
PROTEIN	10 g	22 g	43 %
CARBOHYDRATE	12 g	26 g	10 %
SUGARS	2 g	5 g	5 %
FAT	8 g	18 g	26 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	20 %
FIBER	2 g	5 g	20 %
SODIUM	231 mg	516 mg	21 %