

TURMERIC POACHED EGG

Serves 2

Ingredients:

- 2 tsp. pine nuts
- 1 ¾ cups of fresh spinach
- ⅝ cup of tomatoes, halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp. ground turmeric
- 2 medium-sized eggs



Directions:

1. Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.
2. 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.
3. Bring a pot of water to a boil then add the vinegar and turmeric. Turn the heat down so the water no longer bubbles. Carefully break in the egg and poach for 3 minutes; repeat with the second egg.
4. 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.

