



Healthy eggs Florentine with spaghetti (high protein)

10'
Hands on

10'
Cook Time

2-4
Portion(s)

2
Difficulty



Ingredients

- 1 onion
- 2 spring onions
- 2 tablespoon(s) olive oil
- 2 tablespoon(s) dill
- 2 tablespoon(s) mint
- 1 clove(s) of garlic
- salt
- pepper
- 500 g baby spinach
- 250 g light cream, or light cream cheese
- lemon zest, of 1 lemon
- 400 g spaghetti, high protein
- 50 g vinegar
- 4 eggs

To serve

- olive oil
- pepper
- parmesan cheese

Method

- Place a [frying pan](#) over high heat and add the olive oil.
- Finely chop the onion, the spring onions, and add them to the pan.
- Finely chop the dill, the mint, the garlic, and add them to the pan. Add salt, pepper, the spinach, and sauté for 6-7 minutes until the spinach is wilted.
- At the same time, in a [pot](#) with boiling water add salt, the spaghetti, and boil according to the packet's instructions.
- Add the heavy cream, the spaghetti, and the lemon zest into the pan, and mix.
- Place a pot with water over medium and let it come to a boil.
- In a small bowl add a little vinegar, crack one egg in, and add it to the pot. Follow the same process for the remaining eggs.
- Serve the spaghetti with the poached eggs, olive oil, pepper, and parmesan.

Tip

The nutritional chart refers to the light cream cheese alternative.

Διατροφικός πίνακας

Nutrition information per portion

680 Calories (kcal)	18.0 Total Fat (g)	5.0 Saturated Fat (g)	87.0 Total Carbs (g)
34%	26%	25%	33%
9.7 Sugars (g)	40.0 Protein (g)	6.1 Fibre (g)	1.3 Sodium (g)
11%	80%	24%	22%