



Cypriot-style eggs florentine

30'
Hands on

7'
Cook Time

4
Portion(s)

1
Difficulty



Method

- Preheat the oven to 230° C (450° F) set to fan.
- Place a frying pan over high heat and add 2 tablespoons olive oil.
- Cut the garlic into slices, finely chop the onion, and add them to the pan. Add salt, pepper, and sauté.
- Add the spinach and sauté for 3-4 minutes, until wilted.
- Remove from the heat, add the dill and the mint finely chopped, and mix.
- Add the pitas into a baking pan lined with parchment paper. With a knife, open up the pitas in half to create a pocket.
- Divide the filling among the pitas and add 1 teaspoon olive oil, the gruyere cheese, and bake for 5-7 minutes until golden.
- Place a frying pan over high heat and add 1 tablespoon olive oil. Cut the halloumi into 4 slices and add them to the pan for 2-3 minutes on both sides, until golden. Remove and set aside.
- In a frying pan over low heat, add 2 tablespoons olive oil. Add the eggs, salt, pepper, and fry them for 1-2 minutes.
- Serve the pitas with the eggs, the halloumi, oregano, and olive oil.

Ingredients

- 1 clove(s) of garlic
- 5 tablespoon(s) olive oil
- 1 onion
- salt
- pepper
- 500 g baby spinach
- 1/2 bunch dill
- 1/2 bunch mint
- 4 Cypriot pitas-flatbread
- 80 g gruyere cheese
- 200 g haloumi cheese

To assemble

- 2 tablespoon(s) olive oil
- 4 eggs
- salt
- pepper

To serve

- oregano
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

684 Calories (kcal)	42.0 Total Fat (g)	17.0 Saturated Fat (g)	39.0 Total Carbs (g)
34%	60%	85%	15%
5.8 Sugars (g)	34.0 Protein (g)	3.5 Fibre (g)	3.2 Sodium (g)
6%	68%	14%	53%