



Spinach with eggs and feta cheese

30 minutes

Hands on

4

Portion(s)

1

Difficulty



Method

Photo credit: G. Drakopoulos - Food

Styling: T. Webb

- Peel the garlic clove and pierce with a fork.
- Toast the 2-3 slices of bread in a [pan](#) with a small amount of olive oil, until crunchy and golden. Break into small pieces.
- At the same time, heat 2 tablespoons of olive oil in a large pan. Add the spinach and stir with the fork that has the clove of garlic on the end. Stir until the spinach softens.
- Add salt and pepper.
- Cook the spinach in batches and transfer each batch to a plate as soon as it releases its liquid and softens.
- When all of the batches of spinach are cooked, put all of it back into the pan. Add the heavy cream and feta cheese and mix.
- Transfer the mixture to a serving dish or individual plates. Add the toasted bread on top and mix together.
- Fry the eggs in some olive oil, according to your preference. Place over spinach mixture.
- Serve immediately.

Ingredients

- 500 g spinach, frozen, washed and sorted
- 1 clove(s) of garlic
- 2-3 slices bread, rye
- 2 tablespoon(s) olive oil
- salt
- pepper, freshly ground
- 2 tablespoon(s) heavy cream 35%
- 200 g feta cheese, crumbled
- 1 bunch herbs, (garden chervil, wild rocket), finely chopped
- 4 eggs

Διατροφικός πίνακας

Nutrition information per portion

399 Calories (kcal)	28.0 Total Fat (g)	11.0 Saturated Fat (g)	14.0 Total Carbs (g)
20%	40%	55%	5%
3.7 Sugars (g)	21.0 Protein (g)	6.3 Fibre (g)	3.4 Sodium (g)
4%	42%	25%	40%