

LighterLife Management

Week 2 Recipes:

Poached eggs with warm mushroom salad

Just the job when you're after something tasty and quick!.

Serves: 1

Nutrition per serving:

184 kcal, 18g protein, 3g carbs, 11g fat, 2g fibre

Ingredients:

- 80g mushrooms, sliced
- 2 tbsp hot stock (made from LighterLife Savoury Broth)
- 2 medium eggs
- 80g baby leaf spinach
- 1 tbsp lemon juice
- 1 tsp oil-free vinaigrette dressing
- 1 tbsp fresh chopped chives
- Freshly ground black pepper

Method:

1. Poach the mushrooms in the stock in a non-stick frying pan over a low heat for 6-8 mins, stirring occasionally, until tender.
2. Meanwhile, crack the eggs onto a plate. Bring a pan of water to a simmer, then gently tip in the eggs. Poach them for 3-4 minutes until the whites are set.
3. Lightly steam the spinach until wilted.
4. Remove the eggs from the pan with a slotted spoon to drain, then serve on the spinach with the mushrooms, sprinkled with the chives and black pepper.

Tips:

- You could also lightly steam the spinach before serving, or replace it with rocket, watercress or lamb's lettuce. Poached eggs are also a healthy alternative to fried.