

# Poached Eggs with Pizzazz

**Calories:** 23 kcal

**Servings:** 1

**Time:** 12 Mins

## Ingredients

- 35.00 g Baby Spinach
- 1.00 slices Bacon (rindless)
- 15.00 g Cheese (Parmesan)
- 1.00 whole Egg
- 2.00 g Salt and Pepper (to season)

## Instructions

1. Steam spinach until just wilted.
2. In a non-stick fry pan, cook bacon until crisp, then drain fat on absorbent paper towel.
3. Poach egg by half filling a small pot with water and bringing to boil. Break egg into a cup and slide into pot. Simmer egg at a low boil for approximately 4 minutes or until cooked as desired. Remove egg and place on absorbent paper towel.
4. To serve, place spinach on plate, top with crispy bacon, poached egg and grated parmesan cheese. Season with salt and pepper.