

Poached egg with Tomato, Spinach and Mushrooms

Calories: 65 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 1.00 whole Eggs
- 35.00 g Mushrooms (cut coarsely)
- 60.00 g Spinach
- 60.00 g Tomatoes (cut into quarters)

Instructions

1. Poach egg
2. While awaiting egg to be ready, cook tomatoes, spinach and mushrooms in a pan until spinach is and mushrooms are browned
3. Serve poached egg on a plate with cooked tomatoes, spinach and mushrooms on top