

Breakfast Mash

Calories: 0 kcal

Servings: 1

Time: 25 Mins

Ingredients

- 60.00 g Baby Spinach
- 1.00 slices Bacon (roughly chopped)
- 2.00 tsp Butter
- 100.00 g Cauliflower
- 35.00 g Common Mushrooms (sliced)
- 1.00 tsp Flaxseed Oil (or safflower oil)
- 0.25 g Lemon (to garnish)
- 1.00 tsp Parmesan Cheese (fresh, grated)
- 2.00 g Salt and Pepper (to season)
- 1.00 pinch Thyme (dried)

Instructions

1. Steam cauliflower until heated through.
2. Pulse cauliflower, butter and parmesan in food processor or blender until contents resembles mashed potato. Taste and season with salt and pepper as desired.
3. Place a small frying pan on medium heat. Once hot, add bacon, cooking until crisp, then remove from the pan, leaving any residual oil from the bacon in the pan.
4. Add mushrooms and thyme to the pan. Cook until golden.
5. Rinse spinach and add to a bowl, piling the spinach higher on one side. Then add the cauliflower mash, bacon and mushrooms. Drizzle with flaxseed oil and squeeze lemon juice over dish to serve.

Equipment

- Blender