Spinach Shakshuka

Serves 2

1 tbsp. coconut oil

1 large onion, chopped

2 garlic cloves, crushed

4 cups (300g) mushrooms, sliced

2 cups (450g) leaf spinach

4 eggs

handful parsley, chopped

What you need to do

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.

2. Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

3. Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.

4. Dress in fresh parsley and serve.

GF	DF	LC	V	Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	321	22	19	24

*Nutrition per serving