

# Eggs Florentine

🔥 Calories: 327 🍞 Carbs: 27 🍗 Protein: 19 🥚 Fat: 15

SERVINGS: 4

PREPTIME: 10 MIN

COOKING TIME: 20 MIN

## Ingredients

- 4 medium eggs
- 2 gluten free English muffins, sliced in half, approx. 60g each
- 8 g reduced fat spread, for spreading on the toasted muffins
- 200 g baby spinach leaves
- 5 g reduced fat spread, for mixing into the spinach
- small pinch of ground nutmeg
- salt and black pepper, to taste

## Directions

- Make the cheese sauce: Place the milk and reduced fat spread in a medium saucepan. Place over a medium heat and stir until the spread has melted and the milk is steaming hot. Take care not to let the milk boil over.
- Mix the cornflour and water until smooth. Mix into the hot milk, stirring constantly with a wooden spoon or balloon whisk. Bring to the boil, reduce the heat and simmer for 3-5 minutes, stirring constantly until thickened and smooth.
- Stir in the cheese, mustard powder and season well with salt and black pepper to taste. Cover, set aside and keep warm.
- Prepare to poach the eggs by placing a large saucepan, filled with no less than 5cm (2in) of water on the stove and bring to the boil. Reduce the heat so that the water is just simmering.
- Meanwhile, cook the spinach. Place the spinach in a colander or sieve and rinse under cold running water. Shake well to remove the excess water and transfer the spinach to a large saucepan. Place over a low heat and cook gently, stirring constantly, for 2-3 minutes, until wilted. The spinach should be softened but still bright green.
- Tip the spinach into a sieve and squeeze out as much liquid as possible, using the back of a wooden spoon. Return the spinach to the saucepan and stir in the reduced fat spread, ground nutmeg and season well with salt and black pepper, to taste. Cover with a lid and keep warm.
- Gently poach the eggs for 2-4 minutes, depending on how you like your poached eggs to be cooked. While the eggs are poaching, toast the muffin halves until light golden and spread each with a little reduced fat spread. Place the muffin halves on four plates.
- Divide the warm spinach between the four muffin halves
- Remove the poached eggs from the cooking water using a large, slotted spoon, allowing any water to drain away. Place a poached egg on top of the spinach.
- Pour over the warm cheese sauce and season with salt and black pepper. Serve at once.