

Spinach/Kale Egg Au Gratin

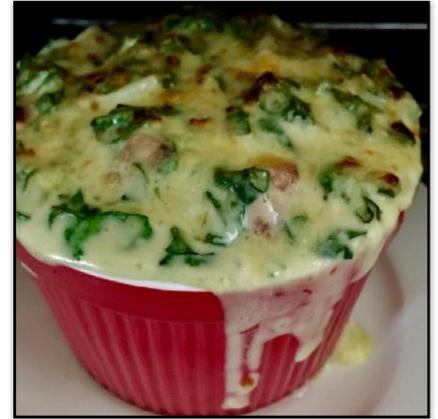
Prep: 10 Minutes

Cook: 15-20 Minutes

Adapted from Justine Schofield's recipe

Ingredients:

- 1 tablespoon butter
- 1 tablespoon plain flour
- 1 cup milk
- pinch nutmeg
- 1 cup finely chopped silverbeet or Kale, stalks removed
- ⅓ cup grated cheese
- 2 tablespoons freshly grated parmesan cheese
- 1½ teaspoons Dijon mustard
- 2 eggs
- 1 teaspoon white vinegar
- ***optional extra**
- ¼ cup finely chopped ham/bacon or smoked salmon
- a little extra grated parmesan cheese



A delightful healthy way to start the day with this full of flavour dish with a difference

Method:

- **Preheat oven grill to medium heat**
- Make the béchamel, melt the butter in a small saucepan
- Add the flour, stir and cook over medium heat for 1 minute
- Gradually add the milk, cook whilst stirring until sauce becomes thick and creamy
- Add mustard, nutmeg, parmesan, cheese, plus ***optional** ham, bacon or salmon if desired
- Season to taste with a pinch of salt and pepper
- Add chopped spinach or kale, stir until combined
- Place half the mixture into an ovenproof ramekin
- In a separate saucepan or deep frying pan, bring water to the boil, (deep enough to cover the eggs when poaching) and add the vinegar
- Reduce heat to a simmer. Gently crack an egg into a small bowl, then tip it into the water, repeat with the second egg. Cook for 2 minutes and gently lift eggs out with a slotted spoon
- Place the eggs on top of the mixture in the ramekin and top with remaining spinach/kale mixture
- Top with a little extra grated parmesan cheese if desired
- Place ramekin on an ovenproof plate or tray and place under preheated grill and cook until golden in colour and heated through about 10-15 minutes
- **Serve and Enjoy!**