



Egg, spinach, Tomato and Mushroom Breakfast



Preparation and Cooking Time: 10 mins
1 serve

Ingredients

1 large field mushroom,
1 large egg
3 cherry tomatoes
½ cup baby spinach
2 tsp parsley/chives (finely chopped)

Directions

Place the mushroom in a shallow dish with 2 tbsp water and a dash of balsamic vinegar.
Cover with glad wrap and microwave for 90 seconds.

Crack the egg into a small dish. Add 2 tsp water, cover and microwave for 35-40 seconds.

Place the mushroom on a serving plate. Top with the poached egg, diced tomatoes and finely chopped parsley/chives. Season with a little salt and pepper. Enjoy!

Nutrition Information	
	Per serve
Energy (kJ)	365
Fat (g)	5.3
- saturated (g)	1.4
Protein (g)	9.0
Carbohydrate (g)	0.5
Fibre (g)	3.0