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## EASY BRUNCH

**Serves 2**

### Ingredients

1 tablespoon extra virgin olive oil  
1 small onion, finely chopped  
200g spinach  
2 medium sized tomatoes, diced  
2 medium eggs

1. Heat the oven to 300°f/150°c/gas mark 2.
2. Heat the oil in a shallow pan, add the onion and sweat until soft.
3. Add the spinach and cook until it is wilted. Remove from the heat and sieve, or spin in a salad spinner, to remove any excess liquid then divide the mixture between 2 terracotta dishes or similar that can go into the oven and then onto the table.
4. Sprinkle the tomatoes over the top and put them into the oven. This will keep the dish warm and warm the tomatoes at the same time.
5. Meanwhile put 3-4cm water into a small saucepan and when it starts to bubble lightly stir the water gently and crack an egg into it. Leave the egg to cook with the water still bubbling lightly until it is cooked to your liking (2-3 minutes is usually enough).
6. Remove the spinach mixture from the oven, place your poached egg on top and serve with some homemade seed and grain wholemeal bread.

\* Gluten free, wheat free, dairy free

\* Vegetarian

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