

# Oeufs au Four



**Serves 4    Prep 20 mins**

**Cooking 20 mins**

**Easy**

## **Ingredients**

6 eggs  
400g spinach  
50g butter  
30g grated parmesan  
a pinch of grated nutmeg  
pepper & salt

1. Preheat the oven to 180C Fan/ Gas 6. Wash and dry the spinach and roughly chop. Melt 40g butter in a frying pan and add the spinach. Let it sweat on low heat , stirring regularly for about 10 minutes. Season and add the nutmeg. Stir one more time and set aside.
2. Separate the yolks and the whites of the eggs. Beat the yolks with the cooled spinach and the parmesan. Whip the whites to stiff peaks and add to the mixture.
3. Butter some ramekins and divide the mixture between them. Put in the oven for 10 minutes. Serve immediately.