

Stewed Spinach Eggs (Ägg med stuvad spenat)



Serves 4 Prep 10 mins

Cooking 25 mins

Easy

Ingredients

500g frozen spinach
1 onion, peeled & finely chopped
a knob of butter
150ml single cream
150ml milk
whole nutmeg
½ tsp white pepper
sea salt
4 eggs

For the herb garnish:

1 small red onion, peeled & finely chopped
1 tbsp white wine vinegar
a pinch of fine sea salt
a pinch of sugar
a handful of fresh chives, finely chopped

1. First make the herb garnish. Put the red onion into a glass or ceramic bowl with the vinegar, 2 tbsp of water, the salt and the sugar.
2. Next put the spinach, onion & butter into a large frying pan. Place on a very gentle heat and cook, covered, for 5 mins. Uncover, stir & continue to fry for another 5–10 mins, until the water from the spinach has evaporated. Add the cream, milk, a generous grating of nutmeg and the white pepper. Cook for a further 5 mins, stirring at intervals. Taste for seasoning & adjust to your liking.
3. Make four wells for the eggs. Crack in the eggs and continue to cook for 5 mins or until the egg whites have set – covering with a lid will help this along.
4. Just before serving, toss the chives with the red onion. Sprinkle over the spinach and eggs and serve immediately.
5. Top tip: Traditional recipes call for plain flour to thicken the mix. I often find cooking for longer and evaporating as much water as possible means you don't need it. If you find, however, that your spinach is very wet, you can whisk a couple of tablespoons of flour into the milk before adding it to the spinach.