

Hello Chef!

GREEK SPINACH and Feta Egg Pan



For the love of spinach and cheese!

COOKING TIME: 30 MIN

CALS 309 | PROT 19.2G | CARBS 15.0G | FAT 17.9G



TIPS FOR FUSSY EATERS

Might be best to make an omelette and serve it with cherry tomatoes and cucumber slices.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Red Onion	1	1	2
Garlic cloves	1	2	2
Cherry tomatoes	250g	375g	500g
Spinach	80g	120g	160g
Oregano	2g	3g	4g
Basil dry	2g	3g	4g
Feta cheese	150g	225g	300g
Eggs	4	6	8



1 PREP

Pre-heat the oven to 200°C. Peel and mince **onion** and **garlic** cloves. Cut **cherry tomatoes** in half.



2 FRY

Make sure to use an oven proof pan. Alternatively, cover the handle of your pan with two layers of aluminum foil. Heat **olive oil** in a large pan over medium high heat. Sauté **onion** for 5 minutes. Add **garlic cloves, cherry tomatoes, spinach, oregano, basil** and **salt** and **pepper**. Stir for 2–3 minutes. (If you're making this for 4 people, use a very large pan or 2 pans.)



3 CRUMBLE AND CRACK

Crumble the **feta cheese**, and crack the **eggs** on top.



4 BAKE

Place your pan in the oven and bake for 10 minutes, until the **egg** whites are set, but yolks are still runny on the inside. Serve.

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