

Bechamel Spinach Baked Eggs



Preparation time: 35 mins

Serves: 3 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Lunch Recipes, Vegetarian



Ingredients

3 eggs, at room temperature
220g spinach, leaves roughly chopped and stems diced into 1.5-2cm pieces
1 clove of garlic, finely diced
1/2 tbsp extra virgin olive oil

Bechamel sauce
50g unsalted butter
2 cups milk
1/4 cup plain flour
35g parmesan cheese

Salt and pepper for seasoning

1. Preheat the oven to 190 degrees Celsius. Place three ramekins on a baking tray.
2. Heat olive oil in a large frying pan over medium heat and sauté the garlic till fragrant but not browned. Add the spinach and mix it with the garlic and then sprinkle a pinch of salt. Place a lid on the frying pan and reduce the heat to low. Cook the spinach for 2 minutes before removing the frying pan off the heat.
3. To make the bechamel, melt the butter in a heavy-based saucepan over low-medium heat. Add the flour and whisk to combine with the butter. Allow this mixture to bubble for a minute before slowly pouring the milk into the pan whilst whisking the mixture. Cook the bechamel sauce for 5 minutes or till it thickens, making sure to continually whisk the mixture to prevent it from sticking at the bottom. Once the sauce thickens, remove it from the heat and stir through the parmesan cheese and season with salt and pepper.
4. Add the cooked spinach to the bechamel sauce and stir everything together. Divide the mixture evenly between the ramekins (if your ramekins are small, you may need an extra ramekin, you only want to fill each ramekin three quarters of the way). Make a hole in the middle of each mixture and crack an egg into each hole.
5. Cover each ramekin with a piece of foil. Bake in the oven for 18-20 minutes or till the egg whites are just set and there's a slight wobble when you shake the ramekin. Stand for 2 minutes. Serve with warm crusty bread.

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
324g	1810kj 433kcal	20g	30.4g	16.5g	18.9g	10.7g	409mg	2.4g
Vitamin D								
3.3µg								

All nutrition values are per serve.