

Wilted greens with tomatoes & eggs



Wilted greens with tomatoes & eggs

Preparation 20 mins | Cooking 50 mins | Serves 4

- 4 ripe Roma (egg) tomatoes, halved lengthways
- Olive oil spray
- ½ tsp sumac or Moroccan spice mix
- 2 slices (about 100g) day-old sourdough bread, coarsely torn
- 1 bunch English spinach, trimmed and roughly chopped
- 1 bunch rocket, trimmed
- 1 tbs olive oil
- 2 green onions (shallots), thinly sliced
- 2 garlic cloves, finely chopped
- 4 free-range eggs

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line 2 baking trays with baking paper. Place tomatoes onto one baking tray. Spray with oil and sprinkle with sumac. Place bread on the remaining baking tray. Spray with oil, tossing, to evenly coat. Roast tomatoes and bread for 20-25 minutes until tomatoes are tender and bread is golden and crisp. Set aside.

STEP 2 Wash spinach and rocket, drain well and roughly chop. Heat oil in a medium non-stick frying pan over medium heat. Add green onions and cook, stirring occasionally, for 3 minutes or until tender. Add garlic, spinach and rocket and cook, tossing often, for 2-3 minutes until greens just wilt. Season with salt and pepper to taste. Set aside, cover and keep warm.

STEP 3 Bring a large shallow saucepan of lightly salted water to just below the boil over high heat. Reduce heat to low. Stir water to create a whirlpool then carefully break an egg into saucepan and poach, spooning water over egg for 3 minutes (for soft) or until cooked to your liking. Gently remove with a slotted spoon to a plate and keep warm. Repeat with remaining eggs.

STEP 4 Place greens into shallow serving plates. Top each with a poached egg, sprinkle with roasted bread and serve with tomatoes.