



Spinach & mozzarella egg

Serving: 1

Non Veg

Ingredients

- 1 Green onion chopped
- Olive oil - 1 tsp
- Spinach - 1 bunch
- Mozzarella - 1 tbsp
- 1 whole egg + 1 egg whites
- Black pepper to taste
- Salt to taste

Preparation Method

- Preheat oven to 375F/190C.
- Heat the oil in a large frying pan, add spinach , and stir until wilted and transfer to the casserole dish, spreading it around so all the bottom of the dish is covered. Layer the grated cheese and sliced onions on top of the spinach.
- Beat the eggs with Spike Seasoning and salt and pepper to taste. Pour the egg mixture over the spinach/cheese combination, and then use a fork to gently “stir” so the spinach, and cheese are evenly combined.
- Bake about 35 minutes.