



Green eggs



Prep: 5 mins
Cook: 15 mins



Easy



Serves 2



Ingredients

1½ tbsp olive oil, plus a splash extra

2 trimmed leeks, sliced

2 garlic cloves, sliced

½ tsp coriander seeds

½ tsp fennel seeds

pinch of chilli flakes, plus extra to serve

200g spinach

2 large eggs

2 tbsp Greek yogurt

squeeze of lemon

Method

Step 1 Heat the oil in a large [frying pan](#). Add the leeks and a pinch of salt, then cook until soft. Add the garlic, coriander, fennel and chilli flakes. Once the seeds begin to crackle, tip in the spinach and turn down the heat. Stir everything together until the spinach has wilted and reduced, then scrape it over to one side of the [pan](#). Pour a little oil into the pan, then crack in the eggs and fry until cooked to your liking.

Step 2 Stir the yogurt through the spinach mix and season. Pile onto two plates, top with the fried egg, squeeze over a little lemon and season with black pepper and chilli flakes to serve.