



Fennel and Spinach Baked Eggs

Recipe by Kate Caire



Serves 2



20 minutes

INGREDIENTS

- 2 tsp olive oil
- 1 clove garlic crushed
- 1 small brown onion sliced
- ½ cup chicken stock
- ½ tsp coriander seed ground
- 1 tbs lemon zest
- 2x medium bulbs of fennel
- 100g of baby spinach
- 4 eggs
- ¼ cup Parmesan grated
- Parsley

DIRECTIONS

1. Preheat oven to 180°.
2. Heat oil in a large ovenproof non-stick frying pan over medium heat.
3. Add sliced onion and fennel, sautéing until golden and fragrant.
4. Add garlic and coriander seed, cooking for a further minute before adding the chicken stock and cooking for five minutes.
5. Add spinach and lemon zest, stirring the mixture until the spinach is wilted.
6. Make four holes in the mixture, cracking an egg into each one, topping with parmesan and baking for 7-12 minutes or until the eggs are done to your liking.
7. Top with fresh Parsley and a wedge of lemon serving with sourdough toast.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

