

# WEEK



## RECIPE OF THE WEEK

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Nutrition Support

## DAVID'S RECIPE OF THE WEEK

# SPINACH AND FETA SCRAMBLED EGG

(BREAKFAST)

### INGREDIENTS (SERVES 1)

1 tbsp. olive oil

2 handfuls of spinach

2 large eggs

50g feta cheese, chopped

Salt and pepper

1 slice wholegrain bread (optional)

### METHOD

1. Heat oil in a pan over medium heat and add spinach, allow to wilt for 2/3 minutes.
2. Crack eggs into a bowl and whisk, season with salt and pepper.
3. Add to the pan along with the chopped feta cheese.
4. Continuously stir all ingredients together and continue to do so until eggs are cooked and scrambled.
5. Serve along with some mixed leaves or over a toasted slice of wholegrain bread.