

## Steamed Spinach - With bacon or egg

One of George's obsessions for breakfast or lunch: fresh spinach from his garden, washed and drained, and eaten soon after. Make sure the spinach has been thoroughly washed. Baby spinach leaves that are now widely available in the shops are ideal. A small amount of moisture on the spinach is fine and helps create some juice. For individual serves, use a small to medium sized saucepan with a lid. Use a medium to large saucepan or frying pan for two or more.

### For one person:

- ½ tbsp butter
- ½ tbsp olive oil
- 1 litre in volume or 200 g of spinach leaves, loosely packed, thoroughly washed and drained
- salt and pepper to taste
- optional: two rashers of lean bacon
- optional: one egg
- bread for toasting



### Method:

Add the butter and oil to the saucepan and heat gently.

Add the spinach leaves and a dash of salt (less if using bacon) and pepper. Toss. Put on lid and allow to simmer gently to wilt the spinach. Toss again if you wish.

Optional:

After a couple of minutes layer the bacon over the top and replace the lid to heat the bacon through. Or dry fry the bacon in the pan, remove, then use the basic method by adding oil/butter to the pan then the spinach, then layer the bacon on top for a couple of minutes.

Or break the egg into a shallow hollow in the top of the spinach and replace lid until cooked to your liking.

If using both, do the bacon first and move to one side to cook the egg.

### Serve:

Serve for breakfast or lunch on buttered toast.

### Equipment:

Small to medium saucepan with lid.

### Difficulty and Time:

Very easy (1/5). Several minutes to prepare and cook.

### Notes and variations:

- Instead of bacon try some ham or prosciutto.