

## KIPPER BRUNCH WITH SPINACH AND POACHED EGGS



 Serves  
2

 Prep  
5 minutes

 Cooking  
5 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	366kcal	Traceg	17.5g	4g	3.8g
R1%	18%		25%	20%	63%

### INGREDIENTS

2 x 190g cans **Princes Kippers in Sunflower Oil**

Few drops of vinegar

2 large eggs

200g fresh spinach, washed

4 cherry tomatoes, halved

Salt and freshly ground black pepper

### METHOD

1. Place the kippers onto a microwaveable plate and cover with microwaveable film.
2. Pour just-boiled water into a medium saucepan to a depth of about 10cm and add the vinegar. Swirl the water with a spoon, then carefully crack in the eggs. Cook over a very low heat for 3-4 minutes to poach the eggs until they are done to your liking.
3. Microwave the kippers on high for 1-1 ½ minutes.
4. Wilt the spinach by placing it in a large colander and slowly pouring over a kettle of boiling water.
5. Ensure that the spinach is well drained, then share it between two warm serving plates. Arrange the kipper fillets on top. Use a draining spoon, lift a poached egg onto each portion, then serve, seasoned with black pepper and garnished with cherry tomatoes.