

Poached Eggs with Wilted Spinach and Sweet Potato Hash Cakes

Ingredients:

Sweet potato hash cakes

2 eggs

garnish: microgreens

2 tsp. coconut oil

1 clove garlic

3-4 cups baby spinach

salt and pepper

Method:

Prepare sweet potato hash cakes according to recipe.

Poach eggs at barely a simmer for 4 minutes.

While eggs are poaching, heat a large skillet over medium heat and add coconut oil. Add garlic and saute until aromatic. Add spinach and cook till just wilted. Place 2 hash cakes on plate make nest of spinach on cakes.

Slide cooked eggs on to the spinach nests and season to taste.

Garnish with cherry tomatoes and sprouts or other choice garnish.