

This easy to make dish is a great midweek meal as it is rich in omega-3 and vitamin D.

Smoked mackerel and spinach baked eggs

Ingredients

200g spinach
3 tablespoons crème fraîche
3 tablespoons snipped fresh chives
1 tablespoon horseradish
200g smoked mackerel, skin removed
8 medium free-range eggs
Lemon wedges to serve

Instructions

1. Preheat the oven to 200°C.
2. Put the spinach in a colander, pour freshly boiled water from the kettle over and leave to just wilt. When cool enough to handle, squeeze out excess water and divide among four individual pie dishes.
3. Mix the crème fraîche with the chives and horseradish and season well.
4. Flake the mackerel among the four dishes, then share out the crème fraîche mixture.
5. Crack 2 eggs into each dish. Season with a little salt and plenty of pepper.
6. Cover each dish with foil, then bake in the oven for 13-15 minutes until the whites of the eggs are set with just the faintest wobble. Stand for 2 minutes, then serve with lemon wedges for squeezing.

Source: <http://www.deliciousmagazine.co.uk/recipes/smoked-mackerel-and-spinach-baked-eggs/>

