

Poached Eggs with Spinach

Learn to make perfect poached eggs with sautéed spinach. A classic French breakfast dish that's healthy, elegant, and ready in 10 minutes.

5	5	10	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 4 egg
- 1 bunch spinach
- 6 cup water
- 2 tsp butter
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp vinegar

Instructions

- 1 Prepare the spinach**

Wash 1 bunch of spinach thoroughly in cold water and remove any thick stems or damaged leaves. Pat dry with paper towels or spin in a salad spinner.
- 2** Heat 2 tablespoons of butter in a large pan over medium heat until melted and foaming.
- 3** Add the spinach to the pan and season with 1 teaspoon of salt and 1 teaspoon of pepper. Cook, stirring frequently, until completely wilted and excess moisture has evaporated, about 2-3 minutes.
- 4** Remove spinach from heat and divide between 2 serving plates, creating a nest-like bed for the eggs. Keep warm.
- 5 Prepare poaching water**

Fill a large saucepan with 6 cups of water and bring to a gentle simmer over medium heat - you should see small bubbles breaking the surface but not a rolling boil.
- 6** Add 2 teaspoons of white vinegar to the simmering water to help the egg whites stay together during poaching.
- 7 Poach the eggs**

Crack each of the 4 eggs into individual small bowls or ramekins. Create a gentle whirlpool in the water with a spoon, then carefully tip one egg into the center of the whirlpool.
- 8** Cook the egg for 3-4 minutes for runny yolks or 5-6 minutes for firmer yolks. Repeat with remaining eggs, poaching them one at a time.
- 9** Using a slotted spoon, carefully lift each poached egg from the water and briefly touch the bottom of the spoon to a paper towel to remove excess water.

10 **Serve**

Place 2 poached eggs on top of each spinach bed and season with a pinch of salt and pepper. Serve immediately while the eggs are still warm.

Tips

Use Fresh Eggs: Fresh eggs hold their shape better when poaching, creating neater, more attractive results with firmer whites that stay together.

Add Vinegar to Poaching Water: A tablespoon of white vinegar helps egg whites coagulate faster, reducing wispy strands and creating cleaner edges.

Create a Gentle Whirlpool: Stir the simmering water in one direction before adding eggs to help wrap the whites around the yolk.

Don't Overcrowd the Pan: Poach eggs one or two at a time to maintain water temperature and prevent them from sticking together.

Season Spinach While Cooking: Add salt and pepper to spinach during sautéing for better flavor absorption rather than seasoning at the end.

Remove Excess Spinach Water: Cook spinach over medium-high heat to evaporate excess moisture, or gently squeeze cooked spinach to remove water.

Use a Slotted Spoon: Remove poached eggs with a slotted spoon and briefly drain on paper towels to remove excess water before plating.

Serve Immediately: Poached eggs are best enjoyed hot, so have your spinach ready and plates warmed before starting the eggs.