

## SPINACH SALAD WITH SOFT-BOILED EGGS AND PINE NUTS



- \* Heat water in a saucepan with the white vinegar. When the water boils, add the eggs. Count exactly 5 minutes of cooking time from the time the water resumes boiling for medium size eggs (or if you prefer, count 5 minutes and 40 seconds from the time you put them in the boiling water). Get your stopwatch out ahead of time ! Meanwhile, prepare a bowl of ice water. Once the cooking time has elapsed, place the eggs in the ice water to stop the cooking process. Let them cool for a few minutes before carefully peeling them. Set aside.
- \* Remove the stems from the spinach, wash and dry. Place several leaves on top of each other and cut them finely with a pair of scissors.
- \* Cut the bread into small dice of + / - 5 inches. Peel the garlic clove, remove the stem and cut it into 4. Sauté the garlic in a frying pan with 3 tablespoons of olive oil. When it is hot, fry the bread cubes with the pieces of garlic over a moderate heat, stirring regularly until they have a nice golden color. Discard the pieces of garlic and leave the croutons to cool down.
- \* Cut off the ends of the mushrooms and run them quickly under cold water. Pat them dry with paper towels. Mince them finely and sprinkle lemon on them.
- \* Rinse the chives. Chop them finely.
- \* In a bowl, mix the vinegar, salt, pepper and 4 tablespoons of olive oil.
- \* Peel the apple (if organic, keep the skin) and cut it into thin slices.
- \* Arrange the spinach salad on individual plates, starting with the spinach shoots, followed by the mushrooms, apple slices, croutons, sauce, soft-boiled eggs, pine nuts and chives. Serve immediately.



Remember to take your eggs out in advance so that they are at room temperature. If they are too cold, they will burst on contact with boiling water.

Adapt the cooking time according to the size of your eggs. The above advice applies to medium size eggs (around 2 ounces per egg).

The white vinegar will soften the eggshells which will then make them easier to remove.

To peel the eggs, pat them very gently on a table and leave them to soak in the bowl of cold water.

To ensure that your eggs are cooked in exactly the same way, select eggs of equal size and use a small colander (or strainer) to place and remove them - at the same time - from the pan.

Easy enough  
Prep Time: 45 min.  
Cook Time: 45min.  
Inexpensive  
Veggie

### Ingredients for 4 people. :

500 g of young spinach shoots  
4 medium eggs  
1 green apple (Granny Smith type, preferably organic)  
150 g button mushrooms  
A few stems of chives  
1/4 stale baguette  
1 clove of garlic  
1 tablespoon of cider vinegar  
1/2 lemon  
2 tbsp. of pine nuts  
5 tbsp. of white vinegar  
Olive oil  
Salt  
Grinder pepper

### Variants :

#### You can replace :

- spinach shoots with head lettuce,
- chives with basil,
- the pine nuts with pumpkin or sunflower seeds,
- the cider vinegar with sherry vinegar, balsamic vinegar or another vinegar of your taste!

If you don't like garlic, don't put it in the croutons, or don't put croutons at all ...

You can also remove the green apple, mushrooms and pine nuts. Still keep the spinach and eggs 🤔, these two ingredients alone will give you a delicious starter!

You can add any ingredient of your choice below but don't use apples ! :

- slices of Jerusalem artichokes well grilled in a frying pan

- a base of parsnip or Jerusalem artichoke purée,
- slices of smoked duck breast and/or Roquefort cheese. It's up to you to adapt this salad according to your taste while respecting the seasons !

