

Savoury Snacks

Eggs and Anchovies:

These are really very Moorish and can be used as a starter before a meal or served with a salad if you want to make more of a meal:

6 hard boiled eggs
12 anchovies from a jar
6 seedless black olives cut into half

Slice boiled eggs long ways place 2 slices of the anchovy in a cross-cross on top of the halved egg and place half an olive in the middle of the cross of anchovies.

Steamed Spinach & Egg

Serve 1

2 bunches of English spinach, washed & chopped roughly – can use silver beet
1 or 2 eggs, cracked into a cup
Toast a piece of wholegrain, spelt or gluten free bread

Place spinach in the top of a steamer and simmer until leaves start to wilt.
Press the spinach into a small nest-like shaped that will hold the egg
Gently pour the egg into spinach, place the lid on and steam until egg white has gone opac and yolk is still runny.
Lift out the spinach and egg and place on toast