

Poached Egg Over Spinach Polenta with Mushrooms and Herbs



Ingredients

2 cups mushrooms, thinly sliced
1 shallot, thinly sliced
Olive oil
1 tsp dried thyme
3 cups packed spinach leaves, roughly chopped
3/4 cup instant polenta
2 cups water, depending on how thick you like your polenta
2 free range eggs
Water for poaching
Salt and Pepper
A few handfuls fresh chervil, roughly chopped
Freshly grated lemon zest



Turn oven on broil. Heat olive oil over medium heat. Add shallots and cook for 1-2 minutes, then add the mushrooms and thyme. Cook for 5-10 minutes then place on a baking sheet.

Bring a pot to boil with enough water for the polenta. Stir in the chopped spinach and polenta then reduce heat to a minimum, stirring constantly. The polenta is ready when it leaves the sides of the pan but is still runny. Boil then reduce another pot of water, crack the egg into a small ramekin and then pour into the simmering water. Give the water a swirl with the end of a wooden spoon then leave to egg to cook for 3 1/2 minutes. Remove with a slotted spoon. Place polenta in the bottom of a bowl, top with the now crispy mushroom shallot mixture, top with your perfectly poached egg. Grate over a little fresh lemon zest, add the chervil and some fresh cracked pepper. Enjoy!

Poached Egg Over Spinach Polenta with Mushrooms and Herbs



Ingredients

2 cups mushrooms, thinly sliced
1 shallot, thinly sliced
Olive oil
1 tsp dried thyme
3 cups packed spinach leaves, roughly chopped
3/4 cup instant polenta
2 cups water, depending on how thick you like your polenta
2 free range eggs
Water for poaching
Salt and Pepper
A few handfuls fresh chervil, roughly chopped
Freshly grated lemon zest



Turn oven on broil. Heat olive oil over medium heat. Add shallots and cook for 1-2 minutes, then add the mushrooms and thyme. Cook for 5-10 minutes then place on a baking sheet.

Bring a pot to boil with enough water for the polenta. Stir in the chopped spinach and polenta then reduce heat to a minimum, stirring constantly. The polenta is ready when it leaves the sides of the pan but is still runny. Boil then reduce another pot of water, crack the egg into a small ramekin and then pour into the simmering water. Give the water a swirl with the end of a wooden spoon then leave to egg to cook for 3 1/2 minutes. Remove with a slotted spoon. Place polenta in the bottom of a bowl, top with the now crispy mushroom shallot mixture, top with your perfectly poached egg. Grate over a little fresh lemon zest, add the chervil and some fresh cracked pepper. Enjoy!



Statesboro Market2Go

"Love your food. Love your farmers."

<http://statesboromarket2go.locallygrown.net>

The Statesboro Farmers Market runs all year with the Market2Go online market. Online ordering begins Friday at 8:00pm and ends Tuesday at midnight. Orders then are picked up Thursdays between 4:30 and 6:30pm. There are two pick-up locations, Sugar Magnolia and the Georgia Southern RAC Pavillion.



Try using the fresh spinach from Walker Farms. The farm is dedicated to using organic and sustainable farming techniques. It is a third-generation family farm that is currently ran by Relinda Walker. The farm offers a variety of fresh produce that never disappoint!



Try Lee Family Farm's eggs, available year round at the market. Lee Family Farm is a family-run business with roughly 550 acres and over 100 chicken varieties. All of their chickens are hormone, antibiotic, and cage free!



Statesboro Market2Go

"Love your food. Love your farmers."

<http://statesboromarket2go.locallygrown.net>

The Statesboro Farmers Market runs all year with the Market2Go online market. Online ordering begins Friday at 8:00pm and ends Tuesday at midnight. Orders then are picked up Thursdays between 4:30 and 6:30pm. There are two pick-up locations, Sugar Magnolia and the Georgia Southern RAC Pavillion.



Try using the fresh spinach from Walker Farms. The farm is dedicated to using organic and sustainable farming techniques. It is a third-generation family farm that is currently ran by Relinda Walker. The farm offers a variety of fresh produce that never disappoint!



Try Lee Family Farm's eggs, available year round at the market. Lee Family Farm is a family-run business with roughly 550 acres and over 100 chicken varieties. All of their chickens are hormone, antibiotic, and cage free!