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## **Cauliflower Hash Browns With Eggs and Spinach**

Prep time: 10 min. Cook time: 15 min.

Serving size: 1 plate

Recipe yields 1 serving

### **Ingredients**

8 oz. cauliflower

1 egg, lightly beaten

1 shallot, finely chopped

1 tsp salt

3 cups spinach

Lemon juice to taste

2 whole eggs

1 tbsp white vinegar

### **Directions**

1. Grate the cauliflower using a food processor or a cheese grater.
2. Combine with shallot, 1 egg, and salt. Let sit 5 minutes.
3. In a hot skillet, heat a little bit of olive oil and spread the cauliflower mixture in a thin layer.
4. Sear cauliflower on medium-high heat for 4-5 minutes, until it starts to brown. Then, carefully flip and sear the other side.
5. While cauliflower is cooking, bring a pot of water to a gentle boil with a tablespoon of white vinegar. Carefully crack eggs into the water and cook for 2 minutes at a gentle simmer.
6. Wilt the spinach in a pan with a splash of water and a squeeze of lemon. Season to taste with salt.
7. Plate the hash browns with wilted spinach, and poached eggs.