



Chicken spinach egg cakes



Categoria
Carne



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Low



Com quem?
With family



Nº de pessoas
2 pessoas

Ingredientes



1 teaspoon of Gallo Extra
Virgin Olive Oil My First
Olive Oil

- 1 piece of cooked chicken breast
- 1 bunch of spinach
- 2 eggs
- Several pieces of cheese (optional)

Modo de preparação

1

Boil spinach quickly in boiling water, drain and set aside.

2

Heat the pan and add the Gallo Extra Virgin Olive Oil My First Olive Oil. Cut the chicken breast into slices and stir for 2 minutes, add the spinach and sauté for about 1 minute.

3

Beat the eggs, then evenly pour egg mixture over the chicken breast and spinach, wait 3 minutes, sprinkle some cheese pieces (optional), then turn it over and wait for another 3 minutes (you can also observe the congelation of egg mixture). Take it out and cut into pieces.

Produtos utilizados



My First Olive Oil
Extra Virgin Olive Oil



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