

## Saffron Polenta with Spinach and Soft-Boiled Egg

1 cup polenta  
2 cups vegetable broth  
1 cup fresh spinach, washed and stems removed,  
chopped  
2 eggs  
½ red onion, finely chopped  
1 garlic clove, finely chopped  
A few saffron threads  
Salt and pepper

Put the eggs in boiling water for 5-6 minutes for soft-boiled eggs. Set aside. Bring vegetable broth to a boil and then reduce the heat to medium and slowly stir in the polenta. Keep stirring for about ten minutes for a creamy texture. Shortly before you finish, stir in a pinch of salt and the saffron threads. Remove from the heat and close the lid to keep the polenta warm.

Heat rapeseed oil in a saucepan and sear onions and garlic until translucent. Reduce the heat a little and add the spinach. Stir-fry the spinach for about five minutes. Season to taste with pepper and salt. Arrange a dollop of polenta on a plate, top with spinach and a soft boiled egg, cut into halves. Sprinkle some salt and pepper on top.

Inspired by Slowly Veggie Magazine 1/2014

[curiousforks.com/2014/03/08/saffron-polenta-with-spinach-and-soft-boiled-egg/](http://curiousforks.com/2014/03/08/saffron-polenta-with-spinach-and-soft-boiled-egg/)

