# Spinach and Egg Macaroni

2 bowls of softly set spinach and egg macaroni · Active 15 min · Total 30 min

Skills: Easy

## Ingredients

- 6 oz dry elbow macaroni (170 g)
- Frozen chopped spinach, thawed, cooked as directed and squeezed dry (150 g after squeezing; start with about 250–300 g frozen)
- 3 large eggs (150 g without shells)
- 1/2 cup 2% milk (120 ml)
- 1/2 cup finely grated cheddar (50 g)
- 2 teaspoons neutral oil (10 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)

## Set out

Medium saucepan, Colander, Clean towel, 10-inch/25 cm nonstick skillet, Whisk, Food thermometer

## Allergens

Wheat, Egg, Milk. Check labels and substitutions.

## Make it

**1.** Cook macaroni in a saucepan of boiling water according to its package. Drain. Prepare and squeeze spinach as described, then chop any long strands.

**2.** Whisk eggs with salt and black pepper in a bowl. Warm milk in the empty saucepan just until steaming. Whisk 2 tablespoons warm milk into the eggs, then gradually whisk in the remaining milk.

**3.** Heat oil in the skillet over medium-low heat. Add spinach and drained macaroni and stir for 2 minutes until hot. Reduce heat to low and pour in the egg-milk mixture.

**4.** Fold gently for 4–6 minutes, scraping the base, until the mixture is fully set with no liquid egg and reaches 160°F/71°C throughout. Fold in cheddar until melted and divide between two bowls.

## Make the frozen vegetable work

Weighing after squeezing keeps this recipe consistent even when different frozen spinach packages release different amounts of water. Reclose any unused frozen portion promptly. A single larger bag can supply more than one cooked meal without requiring fresh leaves to last the whole week.

## A useful detail

Keep the skillet on low once the eggs enter. If the coating begins sticking rapidly, lift the pan from the heat while folding, then return it as needed to finish safely.

## Keep it well

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat gently to 165°F/74°C throughout with a spoonful of water. The eggs will become firmer after reheating.