



EGGS WITH CREAMY CAVELO NERO

Aim: To provide a delicious and nutritious start to your day

Ingredients

- 1 tbsp walnut oil
- 60g chopped cavelo nero
- 30g chopped leek
- 40g petit pois (frozen)
- 2 tsp lemon juice
- 1 tbsp mascarpone
- 4 eggs
- 1-1.5 tsp lemon zest
- 1-1.5 tsp Altino sweet pepper flakes
- Salt and pepper

Directions

READY IN: 22 // SERVINGS: 2

1. Add walnut oil in a medium pan over a medium to low heat
2. Add Cavelo Nero, leeks, and peas. Season with a pinch of salt and black pepper and cook for 5 minutes
3. Add lemon juice and mascarpone and stir slowly for 1-2 minutes until everything is combined
4. Turn down heat to low, spread the Cavelo Nero mix evenly in the pan and add the eggs
5. Season the eggs with salt and cover with a lid or foil for 3-4 minutes
6. Turn off heat and leave the eggs covered for another minute to continue to cook with the steam
7. Gently slide the eggs onto a plate and top with lemon zest and pepper flakes

Variations to consider: reduce the fat content by using 1 whole egg and 3-4 egg whites and omit the oil. For a dairy free option, remove the Mascarpone or replace with plant based creamy cheese. If Mascarpone is unavailable, feta cheese works very well! If you don't have Altino Pepper Flakes, use Chipotle flakes or any other pepper flake available. Olive oil or butter works also works very well, instead of walnut oil

CALORIES

389

CARBOHYDRATE

8

PROTEIN

16

FAT

32