



21 December 2022

Breakfast Recipes, Lunch Recipes



- 2 large eggs
- 1 tbsp extra virgin olive oil
- 1 cup (45g) silverbeet, stalks removed & leaves finely sliced
- 1 bocconcini ball (32g), sliced
- Salt & Pepper to taste

1. In a small bowl whisk the eggs with half of the extra virgin olive oil.
2. In a non-stick frying pan heat the remaining oil and sauté the silverbeet until wilted.
3. Add the egg mix to the pan and gently move around until just set. (Be careful not to overmix).
4. Add the bocconcini and season to taste. Cook for another minute or so, just until the cheese is gooey.
5. Serve with toasted wholegrain bread drizzled with extra virgin olive oil or mashed avocado.

Nutritional Information

Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
1600kj 382kcal	19g	34g	9g	1g	1g	505mg	1g	7.1µg

All nutrition values are per serve.