

Egg Scramble

CAL: 313 PROTEIN: 15 CARBS: 25 FIBRE: 7 FAT: 17



Egg Scramble



SERVES:
2



TIME:
30 minutes



INGREDIENTS

200g sweet potatoes, diced
1/3 bunch of kale, roughly chopped
1 tsp coconut oil
Salt & pepper, to taste
4 eggs
2 tsp unsalted butter
1 tsp curry powder
1/2 lemon, cut in wedges

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line baking tray with baking paper.

Toss sweet potato, kale, oil, salt and pepper in a bowl and transfer to baking tray. Roast for 20-25 minutes, or until soft.

Meanwhile, whisk eggs in a small bowl with a little salt and pepper. Add butter to a fry pan on low-medium heat. Add eggs and gently stir with a spatula. Remove eggs when they're still runny and slightly underdone, as they'll continue to cook in the pan once removed from the heat.

Serve eggs on top of sweet potato and kale with lemon wedges.

MACROS

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Protein: 15
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