



Scrambled Eggs with Capsicums and Kale

1 serving
15 minutes

Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 1/2 Red Capsicum (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	267
Fat	18g
Saturated	5g
Carbs	6g
Sugar	3g
Protein	20g
Cholesterol	558mg
Sodium	227mg

Directions

- 1 Heat the olive oil in a frying pan over medium heat. Add the red capsicum and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

More Carbs, Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free, Use mashed tofu instead of eggs.