

3 WAYS WITH EGGS

Eggs are incredibly nutritious; as well as containing a wide variety of nutrients, they are a good source of protein and will help keep you satisfied. This makes them the perfect breakfast food. Get creative with your eggs and see if any of these recipes tickle your fancy.



1. CURRIED SCRAMBLE

Curry powder is a sure way to make your eggs stand out. If you feel like getting more adventurous, add paprika and turmeric.

Scramble 2 eggs in a small bowl, add 1-2 tsp of curry powder. Heat a small fry pan on a medium heat. Pour in the eggs and using a wooden spoon gently pull the spoon along the bottom of the fry pan as the eggs cook. Don't overcook the eggs, remove them from the pan when they are still a bit runny. Garnish with fresh herbs e.g. coriander, parsley. *Optional: Add ½ sliced red capsicum to the egg mixture.*

2. CHEATS POACHED EGG

Poaching an egg can be a bit of an effort especially if you are rushed for time. This way turns out perfectly poached eggs in under 2 minutes.

¾ fill a mug with boiling water, crack 1 egg in. Place in the microwave for approximately 30 seconds. Drain water and serve!

3. BREAKFAST FRITTATA *This recipe is a great way to get some nutritious vegetables into your morning meal. Use fresh, leftover or frozen vegetable – the more colour the better.*

Heat a small frypan over a medium/high heat. Add 1-1 ½ cups of chopped up leftover/fresh/frozen vegetables (e.g. onion, spring onion, courgette, carrot, capsicum, pumpkin, broccoli, asparagus) to the pan. Cook until defrosted/ just cooked. Add 2 whisked eggs, rotate the pan to spread around the uncooked egg. Use a plate the same size as the pan to turn the frittata over and cook the other side.

Note you can make these in small muffin tins in the oven and freeze them for a quick easy breakfast.

4 WAYS WITH TOAST

Try out these tasty, nutritious toast toppings.



1. AVO, ASPARAGUS AND SARDINES

This recipe is for you adventurous people out there.

Finely dice a few spears of asparagus and cook in a pan until bright green. Spread avocado on a slice of grainy toast and place asparagus on top. Place 1-2 sardines on the top and garnish with a crack of pepper.

2. MUSHROOM, SPINACH + TOMATO

Heat a medium sized nonstick fry pap. Chop up 1 cup of mushrooms (any variety) and 1 large tomato into thin slices. Place tomatoes on one side of the pan and mushrooms on the other and cook until both have softened. Defrost 1 cube of frozen spinach in the microwave and squeeze out excess water. Spread spinach out on toast, place mushrooms and tomatoes on top. Garnish with a crack of pepper and some fresh coriander. *Optional: add a poached egg (microwave method on the other page)*

3. TOMATO, AVO, BASIL + COTTAGE CHEESE

Spoon cottage cheese onto a slice of toast. Place basil leaves on top. Thinly slice tomato and place on top of the cottage cheese. Thinly slice avocado and place on top. Garnish with a squeeze of lemon juice and cracked pepper.

4. SMASHED PEA, MINT AND FETA

Defrost ½ cup of frozen peas in the microwave. Gently mash with a fork and combine with a few chopped fresh mint leaves and/or basil leaves and a squeeze of lemon juice. Place on toast and crumble f eta over the top. *Optional: add slices of avocado or a poached egg.*

For some really simple toast toppings try: smashed avocado a poached egg, tomato and avocado, hummus and sunflower seeds.

GREENY OMELETTE

Eggs are a great source of protein and in combination with spinach this omelette is the perfect way to start the day.

INGREDIENTS:

2 eggs
2 cubes frozen spinach
OR 1 cup baby spinach
OR 5 large leaves fresh spinach steamed
50g feta (optional)
Small handful of pumpkin and sunflower seeds



Heat a small pot on a stove top, add the seeds and stir until seeds have turned slightly golden. Be careful not to burn them. Heat a medium sized saucepan on a high heat with a spray of oil.

Wisk the eggs in a small bowl until light and fluffy. When the pan has heated up, add the eggs. Use a knife to pull the outside edges into the centre. Tilt the pan so that the uncooked egg fills these gaps. Add the spinach and feta to one side of the omelette.

Fold the omelette in half. Serve onto a plate and sprinkle the seeds on top.

HOMEMADE BAKED BEANS

Why not try making your own baked beans from these tasty ingredients.

INGREDIENTS:

1 tsp oil
1 large onion, finely diced
2 cloves garlic, crushed
1 can canned tomatoes
1 can butter beans
1 tsp paprika (optional)
2 tsp Worcestershire (optional)
Fresh coriander



Heat oil in a medium sized saucepan. Add the diced onion and garlic, cook until onion is clear. Add canned tomatoes and beans as well as paprika and Worcestershire sauce. Simmer for 15 minutes until sauce has thickened. Garnish with coriander leaves. Serve on a slice of grainy bread and or/with a poached egg.

BREAKFAST SMOOTHIES

Smoothies are an easy, nutritious way to get some vegetables into your day. They are also very filling! If greens aren't your thing, don't worry about the taste, the other flavours are more powerful.

Recipes adapted from www.bite.co.nz

KIWI GREENS

Serves 1

INGREDIENTS:

1 cup tightly packed spinach, washed
1 golden/green kiwifruit
5-6 cm of a telegraph cucumber
¼ avocado
300ml water



Place all ingredients in a blender and blend. Alternatively you can use a wiz z stick/soup stick and blend in a tall container.

BEETROOT SMOOTHIE

Serves 1

INGREDIENTS:

1 small beetroot, peeled and quartered
1 medium carrot
½ small avocado (1/4 of a large)
Generous squeeze of lemon juice
2 tbsp. fresh grated ginger
100ml water to thin



Place all ingredients in a blender and blend. Alternatively you can use a wiz z stick/soup stick and blend in a tall container.

For more tasty recipes visit www.bite.co.nz