

KALE & EGGS

Time: 30 minutes

Serves: 2

Ingredients:

1 tablespoon extra-virgin olive oil
1 teaspoon cumin seeds
1 clove garlic - finely chopped or grated
5 ounces baby kale
3 eggs
2 tablespoons harissa
Generous pinch Maldon or other flaked finishing salt

Preparation:

Preheat your oven to 300F.

Place a heavy cast pan on medium heat and add the olive oil.

Once the oil is hot, add the cumin seeds and stir occasionally for one minute.

Add the garlic and stir for thirty seconds.

Toss the kale in the olive oil mixture and sauté for two minutes, then transfer it to a small oven-safe pan.

Carefully break the eggs onto the kale and place the pan in the oven for fifteen minutes or until the whites are just set.

Top with harissa, sprinkle with Maldon and serve immediately.

Nutritional Information Per Serving:

Calories: 259
Fat: 21g
Carbs: 7g
Fibre: 1g
Protein: 12g