

Piled-high protein breakfast



2 medium sized eggs
100g fresh spinach
15g plain cashews
8 plum tomatoes, halved
25g pepper (any colour), diced
1 tsp olive oil mixed with 1 tsp balsamic vinegar

SERVES 1

Boil the eggs in a saucepan of water for 8 minutes.

Meanwhile, steam the spinach gently for 3-4 minutes until wilted.

Remove the eggs from the saucepan, and immerse in cold water for 2 minutes, to cool. Peel and slice the eggs.

Place the spinach in a serving bowl and drizzle over the oil / vinegar. Add the eggs, pepper, tomatoes and cashew nuts.

Consume immediately.



PER SERVING:
346 Calories
17g Carbs
20g Protein
22g Fat