

turmeric scrambled eggs

 SERVES 1 ppl

 PREP TIME 25 mins

 COOK TIME 10 mins

PER SERVE

Calories: 252 Cal (or 1054 kJ)

Fat: 10.3g

Saturated fat: 2.6g

Protein: 15.4g

Carbohydrate: 22.6g

Sugars: 1.1g

Fibre: 3.2g

Cholesterol: 415mg

Sodium: 179mg

- 2 tbsp millet (34g)
- 2 eggs whisked (eggs each 50g with shell)
- 1 pinch - ground turmeric
- sea salt and pepper
- olive oil spray
- 10g baby spinach
- 1 tsp plain low-fat yoghurt



A delicious take on a brekkie classic!

Cook millet in boiling water for 20 minutes or until soft, rinse and drain well.

Whisk eggs, turmeric, salt and pepper. Spray a small frying pan with oil over a medium heat. Pour eggs into the pan, push the uncooked egg into the centre of the pan until the egg is set.

Add the millet and spinach and warm gently until the spinach wilts. Serve with yoghurt on top, with a good crack of pepper.