

# FRAGRANT EGGS



## Ingredients:

good pinch of cumin seeds  
2 tsps ghee or coconut oil  
1 small red onion, finely diced  
1/2 a green pepper, diced  
1 ripe salad tomato, chopped  
1 bay leaf  
pinch of dried oregano  
pinch of dried parsley or thyme  
handful of kale or spinach

leaves  
pinch of sea salt  
pinch of black pepper  
large pinch of cayenne pepper  
60ml vegetable stock or cold water  
2 eggs

Serves 1

Per serving: 296 calories 20g fat 15g carbs 14g protein

In a frying pan, dry-roast the cumin over a medium heat for 30 seconds.

Add the ghee/oil and stir to melt. Add the onion and sauté for 2-3 minutes, stirring.

Add the pepper, tomato, bay leaf, oregano and parsley/thyme. Stir and sauté for 2 minutes.

Add the kale/spinach, cayenne and salt and pepper. Stir well.

Add the stock. Simmer for 10 minutes.

Gently break two eggs into the mixture. Cover with a lid and cook for 2-3 minutes, until the egg whites are cooked through.

Consume immediately. LET US KNOW WHAT YOU THOUGHT VIA FACEBOOK

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