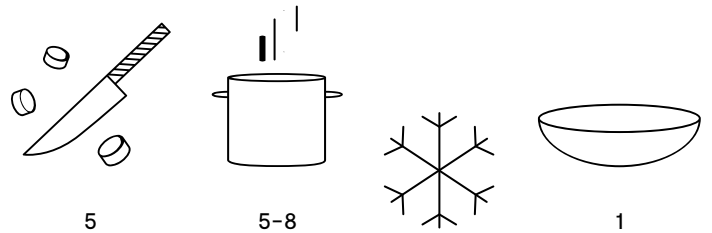




Turmeric Scrambled Eggs with Sourdough

Scrambled Eggs are not just for breakfast! Try this recipe for a quick and lunch.



Ingredients

The Groovy Food Company Organic Rapeseed Oil
Spray
½ Garlic clove, finely chopped
100g Spinach leaves
4 large Eggs
50ml Milk
2 tsp grated Turmeric
2 slices Sourdough bread, toasted
Salt
Pepper

Directions

1. Liberally spray the oil over the surface of your non-stick pan, place over a medium heat.
2. Lightly fry the garlic, add the spinach leaves and wilt for a few mins – add a splash of water if they stick.
3. In a bowl, whisk the eggs with the milk and turmeric. Season well.
4. Add to the pan with the spinach and stir continuously for 5-8 mins until the scrambled eggs are at the desired consistency.
5. Serve on slices of toasted sourdough.