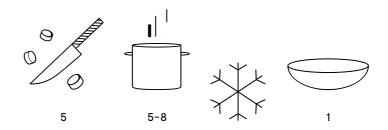




Turmeric Scrambled Eggs with Sourdough

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



Ingredients

The Groovy Food Company Organic Rapeseed Oil Spray

1/2 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 nonstick 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.
- 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.