

Savoury breakfast bowl



When we think of breakfast bowls we typically think of bowls of colourful fruit. But breakfast doesn't have to be sweet, and switching to a more savoury breakfast can provide a lasting source of energy to help balance your mood throughout the day.

Serves 2



Ingredients

- 1 tablespoon olive oil
- 100g button mushrooms
- 100g kale (or baby spinach leaves)
- 1 red or yellow pepper, thinly sliced
- 2 medium eggs
- 12 cherry tomatoes
- 1 avocado
- 50g feta cheese
- 1 tablespoon nigella seeds (or black sesame seeds)
- Juice of 1 lime



Method

1. In a small fry pan add half the olive oil and cook the mushrooms for a few minutes until starting to brown. Add the chopped kale and the sliced peppers for the last few minutes to soften and heat through. Transfer to a clean plate and set aside.
2. In the same pan, gently heat the remaining olive oil. Add the eggs and fry until just cooked. Remove from the heat and set aside.
3. Divide the mushroom, kale and pepper mixture between two bowls. Then add the chopped cherry tomatoes, avocado, feta and top with the egg and drizzle with the lime juice and seeds.