

Green eggs with avocado & broccolini

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Enjoying a lazy Sunday? This green eggs recipe is perfect for brunch.

Ingredients (serves 2)

- 1 green capsicum, diced
- 1 handful baby spinach leaves
- 1 handful fresh basil leaves, chopped
- 1 bunch broccolini
- 5 free-range organic [eggs](#)
- 1 tbsp plain Greek yoghurt
- 2 tbsp almond milk
- Salt and pepper, to taste
- ½ avocado, sliced
- 2 lemon wedges, to serve
- 2 tsp dried chilli flakes, to serve

Method:

Dice capsicum and roughly chop basil and spinach leaves.

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Steam broccolini stems for four minutes.

Whisk together eggs, yoghurt, milk and seasoning until combined.

Heat a frying pan over a low heat.

Fry capsicum for three minutes (no oil required), then add chopped spinach and basil until wilted, reserving a little for garnishing.

Pour over egg mixture and stir until cooked through.

Serve between two bowls, top with sliced avocado, steamed broccolini and a lemon wedge. Serve immediately.

Recipe from Sally O'Neil, The Fit Foodie

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