



JOEL'S MIDDLE EASTERN BAKED EGGS

Courtesy of: Joel Feren



Ingredients:

- 6 eggs
- 1 capsicum diced
- 1 brown onion diced
- 1 large chilli chopped
- 1 clove of garlic
- 2 tins of diced tomatoes
- 12 basil leaves shredded
- 1 tbsp of olive oil

Nutrition Information:

Serves 3 people

Nutrient	Per serve
Energy	1228 kJ
Protein	17.6 g
Fat	17.3 g
Carbohydrate	13.5 g
Sugars	12.3 g
Fibre	7.5 g

Method:

1. Heat the oil in a hot pan
2. Add the onion, garlic and chilli and sauté until onions are soft and translucent
3. Add the capsicum followed by the diced tomatoes and 6 basil leaves and cook for 3 minutes
4. Once simmering, add the eggs and cook for 10 minutes or until eggs are cooked to your liking
5. Season with salt and pepper and add remaining basil leaves to pan
6. Serve with toast



HOT TIPS

Eggs are a great versatile breakfast option. High in protein and paired with carbohydrate rich bread, they are a great pre-exercise meal.