

SAUTÉ TOMATOES & EGGS



INGREDIENTS: (Serves 1)

- 4 very ripe large tomatoes
- 3 medium eggs
- 1 small red onion
- 1 garlic clove
- 1 teaspoon of coconut oil or olive oil
- Pinch ground black pepper
- Pinch Himalayan pink salt
- 1 teaspoon of turmeric
- 2 tablespoons ground flaxseed
- Handful of fresh chopped Coriander

A healthy combination of ingredients for a quick and satisfying breakfast, lunch or dinner.

HOW TO MAKE IT:

- Blanch the tomatoes in boiling hot water for 5 minutes then run under cold water and slowly remove the skin, gently crush the tomatoes
- Heat coconut oil or olive oil in a large saucepan on medium heat
- Add onions and garlic and cook until soft.
- Add crushed tomatoes, turmeric, black ground pepper and Himalayan pink salt
- Add a few tablespoons of water to make the sauce less thick
- Stir until all ingredients have combined well
- Bring the sauce to a low boil, then reduce heat to low and simmer for about 10 minutes, stirring occasionally
- Crack the eggs into the tomato sauce, then cover the pan
- Poach the eggs in the sauce until the whites are set and the yolk is still runny (for about 5-8 minutes)
- Sprinkle freshly chopped coriander on top and serve carefully onto a plate
- Eat as it is if you are restricting carbs otherwise eat with crusty white bread (try our Artisan Crusty Bread recipe!)

TOP TIP

Try using organic tomatoes and eggs for a very intense taste. You can also add chopped kale or spinach for an extra health boost!

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