

Turmeric Fried Kale with Eggs

This is a very quick meal, perfect for a high protein breakfast or a light lunch.

Turmeric is deep yellow in colour and is often used in curries. It is a natural anti-inflammatory and boosts the activity of the body's own antioxidant enzymes, giving free radicals a run for their money! It has many proven health benefits so add turmeric to as many meals as you can – even if it's just a small sprinkle.



- 2 eggs
- 2 teaspoons turmeric
- Large handful kale, chopped
- Small handful coriander
- 4 or 5 cherry tomatoes, cut in half
- An inch sized piece of cheddar cheese, grated
- Pinch of salt and pepper
- Teaspoon coconut oil for frying

In a frying pan or omelette pan melt the coconut oil and throw in the kale. Fry this off for just one minute before adding the cherry tomatoes, coriander and the turmeric. Give everything a good stir then drop in the eggs and mix well until the eggs are mixed in and are almost cooked through. Add the grated cheese for the last minute and serve. Simple.