



EGGS AND GREENS



Greens for breakfast might sound a little different but they are packed with vitamins A, C and K and make a really tasty dish. Less than ten minutes to make, it's the perfect dairy-free, vegetarian breakfast recipe!

This recipe can be enjoyed by your baby during stage 2 weaning. For an extra kick for the grown-ups, try serving with some chilli jam. Alternatively, for a light lunch, you can serve with leftover quinoa or brown rice with a sprinkle of tamari and pickled ginger.

WHAT YOU NEED

- 1 large handful of any dark leaf greens per person
- 1-2 eggs (depending on how hungry you are!) olive oil to drizzle

WHAT TO DO

1. Get a steamer on and fill with water (a large pan of water will do if you don't have a steamer) and bring to the boil.
2. Cut the greens into large pieces as you like, then cook for 2-3 minutes until tender.
3. In the meantime, if poaching, fill a pan with water and a splash of vinegar, or gently warm a frying pan if you prefer your egg fried.
4. Cook the eggs to your liking, and serve on the hot greens with a drizzle of olive oil, and season to taste. Try adding some seeds and chilli jam if you're in the mood. Delicious!