

ASIAN-STYLE SCRAMBLED EGGS



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Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
249 kcal
15g Fats
5g Carbs
18g Protein



WHAT YOU NEED

- 2 eggs
- 2 egg whites
- 1 tsp. coconut oil
- 1 ½ cup (150g) baby bok choy, chopped
- 1 tsp. fresh ginger, grated
- 2 spring onions, thinly sliced
- 1 red chili, deseeded and chopped
- soy sauce, to serve (optional)
- whole wheat toast, to serve (optional)

WHAT YOU NEED TO DO

Whisk the eggs and egg whites together in a bowl, season with salt and pepper.

Heat the coconut oil in a frying pan over medium heat. Add the bok choy with 1 tbsp. water, cook until tender, then take off the heat and set aside.

In the same pan cook the spring onions, ginger, and chili, for 1 minute.

Add the egg mixture and continue to cook, string, pulling and folding the eggs until they are cooked to your liking.

Remove from the heat and serve on a plate with the bok choy, whole wheat toast and a drizzle of soy sauce (optional).