

New Year, New You: 7 Healthy Meals to Kickstart the Year



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Whether one of your goals for 2021 was to try and eat healthier, or you're seasoned at eating well and just looking for other ideas, these seven recipes are sure to inspire some delicious meals you might not have thought to make with eggs. We've selected recipes that we think even a novice in the kitchen will be able to prepare easily, so don't be afraid to give them a go.

ZUCCHINI AND EGG PIZZA



Didn't know pizza could be healthy? Well this one is! This super healthy zucchini and egg pizza is perfect for brekky, lunch or dinner. Packed full of veggies this healthy meal option is one you'll want to cook over and over.

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Broccoli Falafels with Buckwheat, egg and herb salad



This heart healthy recipe is packed with plenty of veggies, and of course eggs. Great for both lunch or dinner on those boiling hot summer days.

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Cauliflower steaks with herbed scramble



Meat-free dinners have never been easier! Swap out your usual protein for eggs and pack your plate with veggies like our cauliflower steaks and spinach for a complete and delicious meal option.

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Eggs with Herbed Mushrooms



This one pan recipe is the definition of quick, easy and delicious. You literally cook up everything in a frying pan and add the eggs. It really is that simple. What's even better is that you're likely to have all the ingredients at home already so it's ideal for those nights when you arrive home late from work and want to prepare something quick and nutritious that the whole family can enjoy together.

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Lentil and Feta Frittata



A fantastic meal to cook if you find yourself with a lot of eggs to use in the fridge - you can pack a frittata full of almost any veggies you like - but this one with lentils and feta and a side salad to accompany, is delicious.

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EGG BUDDHA BOWLS



Pack this bowl full to the brim with healthy veggies, wholegrain seeds and eggs. Because this well-balanced meal is served cold, it's great for summer when it's really hot outside.

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Mexican Sweet Potato Family Hash Brown



Take your hash brown to the next level by using sweet potatoes and topping with eggs - a great option for a mid-week family dinner.

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