

Nourish Bowl with Poached Egg and Haloumi



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★☆☆☆

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Ingredients

- ½ tbsp of Olive Oil or Coconut Oil
- ½ cup frozen peas
- ½ cup chopped kale leaves
- Half a lime
- One tsp chopped mint
- 3-5 slices of Haloumi
- One egg
- Salt and pepper to season
- One avocado
- Serve with citrus wedges and edible flowers

Method

1. Add 1/2 tablespoon of olive / coconut oil to a hot pan
2. Add 1/2 cup frozen peas + sauté for 2-3 minutes before adding 1/2 cup chopped kale leaves
3. Cook for another 3-4 minutes, squeeze over some fresh lime, and add a little chopped mint.
4. Remove from the heat, season with salt and pepper, then add to a bowl. For additional nourishment (if you’re extra hungry) stir through some leftover cooked quinoa.
5. Meanwhile, add three thin slices of haloumi to the same pan and cook for a few minutes on each side until golden. At the same time, poach an egg for 4-5 minutes in simmering water.
6. Add the haloumi and egg to the greens.
7. Serve with a slice of avo, citrus wedges, seeds and edible flowers for the prettiest, healthiest start to the new year!!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
203g	1320kJ 315kcal	15.5g	23.9g	7g	4.9g	2.7g	1200mg	9.2g

All nutrition values are per serve.