



Recipe

Mamalu Ultimate Egg Brekkie

Recipe serves - 4 people

Ingredients

Amount

Organic eggs 6 eggs

Vineger (white) 1.5 teaspoons

Water

Spinach & mushrooms

Spinach (stems removed and coarsely chopped) 1 kg

Mushrooms (thinly sliced) 2 packs

Coconut oil 2 teaspoons

Thyme sprig (only leaves) 1 teaspoon

Garlic cloves (crushed) 2 cloves

Pink salt 1/2 teaspoon

Crushed black pepper 1/4 teaspoon

Dressing

Olive oil 1/4 cup

White vineger 2 tablespoons

Dijon mustard 1 teaspoon

Pink salt 1/2 teaspoon

Crushed black pepper 1/4 teaspoon

Hash browns

Potatoes (peeled and grated) 2 potatoes

Onions (grated) 3/4 onion

Corn starch 1 tablespoon

Egg 1 egg

Pink salt 3/4 teaspoon

Crushed black pepper 1/4 teaspoon



Instructions

1. Pre heat the oven to 180C degrees. Put the tomatoes in a baking dish and drizzle with olive oil. Season with salt and pepper and roast in the oven for 15-20 min.
2. In a large pot, add two teaspoons coconut oil and add the sliced mushrooms. Add the thyme, salt and pepper and crushed garlic and sauté until soft (around 10 minutes).
3. Add the spinach on top and cover the pot until the spinach has wilted. (around 5 min. Take off the heat.
4. In a small bowl, mix all of the dressing ingredients together and set aside.
5. Squeeze all of the liquid out of the shredded potato and onion with your hands. Combine with salt, pepper, cornstarch and egg and mix well.
6. Place in greased muffin baking dish and place in the oven for 15 min or until golden.
7. In a large pot, boil some water and add 1 1/2 teaspoons vinegar. Put on medium heat. Swirl the water gently and then add the eggs very gently - only 3 at a time. When the white part is cooked, remove with a slotted spoon.
8. Assemble a plate with toasted bagel, smoked salmon on top and then the poached egg. Place the spinach on the side and drizzle a little dressing on top of spinach. Place the hash brown, sliced avocado and roast tomatoes also on the side and serve immediately.

Ingredients

Amount

Sides

Cherry tomatoes in vine 2 bunches

Olive oil 1 tablespoon

Smoked salmon 1 pack

Brown toast or multisided bagel (halved then toasted) 3 bagels

Salt and pepper