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NATUROPATH & MEDICAL HERBALIST

Vegie Scramlette

Serves 2

Ingredients

1 small zucchini

4 florets of broccoli

handful of baby spinach

50g fetta cheese

3 free range eggs

1 tablespoon of butter

optional fresh herbs – like chives and parsley

Pinch of quality salt flakes & freshly ground pepper (optional)

Avocado or sour cream to serve (optional)

Method

- Grate zucchini and chop broccoli into small pieces
- Beat/whisk eggs together with finely chopped herbs and salt & pepper. Set aside.
- Melt butter in fry pan over medium heat and sauté the zucchini & broccoli for a few minutes. Place lid on and turn down low and allow to steam/cook for a couple of minutes.
- Remove lid and crumble in fetta and baby spinach and allow to wilt.
- Pour egg mixtures into the saucepan and stir gently to cook the eggs and mix in with the vegies. Remove from heat once egg is just cooked and still soft.
- Serve at once with fresh avocado on the side or a dollop of organic sour cream on top.

NB: variations you can cook a little diced organic bacon or baby mushrooms at the beginning with the zucchini for a change.