

Sauteed kale, enoki, mushrooms & eggs



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Preparation 30 mins | Cooking 10 mins | Serves 4

1½ tbs extra virgin olive oil
150g enoki mushrooms, trimmed
1 x 250g stem truss cherry or mini roma tomatoes, cut into 4
2 green onions (shallots), trimmed and thinly sliced
1 garlic clove, crushed
200g trimmed kale leaves, shredded
4 free-range eggs, at room temperature
1 large just-ripe avocado, halved, peeled and sliced lengthways
Sourdough toast, to serve

STEP 1 Heat 1 tbs oil in a large non-stick frying pan. Add enoki mushrooms and cook for 1 minute. Transfer to a plate and keep warm. Add tomatoes and cook for 4-5 minutes on each side. Transfer to a plate and keep warm.

STEP 2 Heat remaining oil in the pan over medium-high heat. Add green onions and garlic to the pan and cook, stirring for 1 minute. Add kale and toss over heat until wilted. Season with salt and pepper to taste.

STEP 3 In the last few minutes of cooking, poach the eggs in a large saucepan half-filled with gently simmering water for 3-4 minutes for a semi-set yolk (or cook to your liking).

STEP 4 Arrange kale, enoki mushrooms, tomatoes, avocado and poached eggs on serving plates. Sprinkle with micro-herbs if liked. Serve with sourdough toast.

Good for you... **TOMATOES**

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

