SUPERFOOD BREAKFAST WITH FRIED EGG

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BE
Body by Elle

Serves: 2
Prep: 5 mins
Cook: 15 mins

Broccoli:
Broccoli is high in many vitamins and minerals, including folate, potassium, manganese, iron, and vitamins C and K1.

- **2 cups (300g) broccoli**
- 1 garlic clove, minced
- 2 tbsp. (20g) pumpkin seeds
- lemon juice
- 2 tbsp. coconut oil
- 1/4 onion, chopped
- 1 tbsp. (20g) dried cranberry
- 4 eggs

Spices:
- ½ tsp. ground turmeric
- ½ tsp. chili flakes
- ½ tsp. paprika
- ½ tsp. oregano

Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make broccoli rice.

Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes, until browned.

Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If you need, add a little water to avoid burring. At the end of cooking drizzle with lemon juice.

In a separate frying pan heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.