

# Baked Egg Cups

## Ingredients

### Savoury Mince

1 tbsp	Olive oil
2	Cloves of garlic
5g	Brown sugar
1	Brown onion chopped
500g	Ostrich mince
250ml	Homemade or low sodium beef stock
1 tbsp	Tomato paste
2 Large	Tomatoes, grated
1 Cup	Water
	Salt
	Pepper

### Sautéed Mushrooms

300g	Wild mushrooms
30ml	Olive oil
5g	Parsley finely chopped
15ml	Less sodium soya sauce
1	Black pepper
	Whole garlic clove, crushed

## Instructions



18 servings



Prep: 25 min  
Cook: 15 min



### Savoury Mince

1. Heat oil in a saucepan over medium-high heat then add the onion and sauté for four minutes before adding the garlic.
2. Add mince and with a wooden spoon break up mince and cook until meat until well browned all over.
3. Add tomato paste, beef stock, water and the grated tomatoes.
4. Stir to combine.
5. Bring liquid to the boil then turn heat down and simmer until sauce is thick. Check seasoning and serve.



6 servings



Prep: 8 min  
Cook: 10 min

### Sautéed Mushrooms

1. Heat a non-stick pan and when it is very hot add the wild mushrooms.
2. Drizzle the olive oil over the mushrooms and toss; then add whole garlic clove.
3. Sauté mushrooms until all the liquid has reduced and starting to evaporate.
4. Add the soya sauce and mix through.
5. When the mushrooms are ready, toss through the chopped parsley and remove from the heat. Season with black pepper and salt if need be.

# Baked Egg Cups

## Ingredients

200g	Savoury mince
4	Eggs
Pinch	Salt
Pinch	Black pepper
120g	Sautéed exotic mushrooms



4 servings



Prep: 12 min  
Cook: 15 min

## Instructions

### Baked Egg Cups

1. Preheat oven to 170 °C.
2. Place mince into the base of 4 espresso or small coffee cups.
3. Place mushrooms on top of the mince.
4. Crack a whole egg into the cup and season.
5. Place egg cups on a baking tray and transfer to the oven, bake for 12 minutes until egg white has solidified and egg yolk is firm to the touch.



# Brunch Buddha Bowl

## Instructions

### Quinoa Salad

1. Place water in a medium pot on the stove and bring to a rapid boil.
2. Turn the heat down to medium and add quinoa. Simmer for 15 to 20 minutes, then strain the quinoa and refresh with cold water.
3. Strain quinoa once more then place in a bowl, fluff the quinoa with a fork and set aside to cool.
4. Add red onion, parsley, black sesame seeds and both peppers.

### Buddha Bowl

*Choose a bowl and divide it into five slices of pie. Each slice will contain a different ingredient.*

1. Place quinoa salad into 1/5 of the bowl.
2. Dress baby spinach with olive oil and place into 1/5 of the bowl
3. Peel the boiled eggs and cut in half if it is for a large Buddha bowl, for a small bowl cut into quarters. Fill the next 1/5 of the bowl.
4. Peel the avocado and cut in half, slice the avocado into strips lengthwise and place in the bowl.
5. In the last 1/5 of the bowl add half the seasoned broad beans and on the other side the roasted exotic tomatoes.
6. Garnish with bean sprouts.



14 servings



Prep: 18 min  
Cook: 35 min

## Ingredients

### Quinoa

1 Cup	Quinoa
2½ Cups	Water
5ml	Salt
100g	Red onion, chopped
5g	Parsley, chopped
5g	Toasted black sesame seeds
100g	Red pepper, chopped
100g	Yellow pepper, chopped
	Salt and black pepper

### Buddha Bowl

6	Medium boiled eggs
60g	Baby spinach
2	Avocados
600g	Broad beans, seasoned
250g	Exotic tomatoes, roasted
320g	Quinoa salad
	Bean sprouts, for garnish

# Cajun Salsa Wrap

## Instructions

### Chives Scrambled Egg

1. Crack eggs into a bowl and whisk well.
2. Add the milk, salt, pepper and chives and whisk again.
3. Place a non-stick pan on the stove with a medium to high heat.
4. Add the scrambled egg mixture, stirring continuously until eggs are set.

### Red Pepper Salsa

1. Steam the corn for 5 minutes and slice the kernels off the cob.
2. Cut the peppers into squares the size of the corn.
3. Combine the corn, peppers and red onion together, mix well.
4. Add the olive oil, lemon juice, garlic, coriander and seasoning.
5. Mix well and refrigerate.

### Breakfast Wrap

1. Place heated wholewheat wrap on a plate and scatter with rocket leaves.
2. Place scramble egg on top spreading out evenly on the wrap.
3. Add sliced avocado.
4. Top with red pepper salsa and sprinkle with a little salt.



3 - 4 servings

## Ingredients

### Chives Scrambled Egg

6	Eggs
45ml	Fat free milk
	Pinch of salt
	Pinch of pepper
3g	Chives, chopped

### Red Pepper Salsa

2	Ears corn
2	Red peppers
1	Red onion, finely chopped
10 sprigs	Coriander or parsley, finely chopped
20 ml	Olive oil
2 tsp	Lemon juice
½ clove	Garlic, finely chopped
	Pinch salt
	Pinch black pepper

### Breakfast Wrap

3 - 4	Wholewheat wraps
1	Avocado
Handful	Rocket