

Kimchi & Kale Scrambled Eggs

5 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium-high heat.
2. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
3. Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
4. Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

Ingredients

7 milliliters Extra Virgin Olive Oil

6 Egg (whisked)

42 grams Kale Leaves (tough stems removed, finely chopped, packed)

59 milliliters Water

150 grams Kimchi (drained)

Nutrition

Amount per serving

Calories	263	Fiber	2g
Fat	18g	Sugar	2g
Carbs	4g	Protein	20g

