



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15 mins

Serves: 1

BREAKFAST **FRY-UP**



INGREDIENTS

- 1 small zucchini, finely diced
- 5 fresh asparagus, sliced into 1cm lengths
- 4 spring onions, finely sliced
- 1 tomato, finely diced
- 1 tbsp coconut oil
- 1 tsp tumeric powder
- 1/2 tsp salt
- pepper to taste
- 2 eggs

METHOD

- Melt oil in frying pan.
- Add tumeric, salt and pepper and cook 2 minutes.
- Add all the vegetables and cook 10 minutes while stirring.
- Break eggs over the top and stir through, cook just a little more to set eggs.
- Serve alone, or with toast.