



Spin Your Own Axis

Sunnyside up over a bed of Kale

With so many ways to prepare and pair an egg this recipe by far wins the tasty.fast.balanced title. It's not only delicious but super fast to make offering a huge healthy spin to welcome your morning.



- **Prep Time:** 10 minutes
- **Cook Time:** 15 minutes
- **Total Time:** 25 minutes
- **Serving:** 1

Ingredients

- 2 Large brown eggs
- 1.5 tbsp olive oil
- 30g Kale
- 50g NF Greek yogurt

Instructions

1. Heat a large pan over medium-low heat.
2. Add tablespoon of olive oil. You don't need a large amount of oil (fat) to fry the eggs because the pan should be non-stick and you don't want the eggs to turn out too greasy.
3. Crack the eggs gently into the pan to keep the yolks intact. Cook until the tops of the whites are set but the yolk is still runny. This will take about 3 minutes. If the oil starts to sprinkle it means you should reduce heat to low.
4. Once egg(s) are cooked, use same pan with oil to cook/sauté your kale.
5. Cook kales with a tint of salt and oregano. Cook for just under 2 minutes to avoid losing the crisp.
6. Ready to serve, first add your NF Greek yogurt, followed by the bed of kale, and lastly top it off with your eggs! Serve with a side of toast.
7. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5 **Calories:** 304
- **Carbohydrates:** 5g or 27g **Sodium:** 168mg
- **Fat:** 23g **Sugar:** 2g
- **Protein:** 18g **Iron:** 5%
- **Fiber:** 11g with a side of toast