



Mushroom brunch



Prep: 5 mins

Cook: 12 mins - 15 mins



Easy



Serves 4



Ingredients

250g mushrooms

1 garlic clove

1 tbsp olive oil

160g bag kale

4 eggs

Method

Step 1 Slice the mushrooms and crush the garlic clove. Heat the olive oil in a large [non-stick frying pan](#), then fry the garlic over a low heat for 1 min. Add the mushrooms and cook until soft. Then, add the kale. If the kale won't all fit in the pan, add half and stir until wilted, then add the rest. Once all the kale is wilted, season.

Step 2 Now crack in the eggs and keep them cooking gently for 2-3 mins. Then, cover with the lid to for a further 2-3 mins or until the eggs are cooked to your liking. Serve with regular or keto bread for a keto-friendly version.