

卡真香料炒蛋

Scrambled Cajun eggs with spinach and kale

份量：2 人

熱量：每份 310 卡路里



基本材料：

走地雞雞蛋	4 隻
低脂忌廉	75 毫升
葵花籽油	少許
紫洋蔥	半個，切粒
大青椒	1 個，切粒
羽衣甘藍	40 克，切細
卡真粉	1 茶匙
菠菜苗	1 把(50 克)
海鹽、現磨黑胡椒	少許

烹飪步驟：

1. 打好雞蛋，加入低脂忌廉、海鹽和黑胡椒，拌勻。
2. 在大型不粘鍋中噴 6 下油，中火加熱。加入紫洋蔥和青椒，煮 3-4 分鐘，直至材料變軟身。
3. 加入羽衣甘藍和少許清水，煮 2 分鐘。加入卡真粉，一小撮鹽和菠菜苗。繼續炒 1 分鐘，直至菠菜苗變軟。
4. 再噴 6 下油，倒入蛋液，讓它在鍋中待幾秒，然後才輕輕攪拌煮熟。若想雞蛋保持軟滑，別煮太久。
5. 上碟。嗜辣者可自行加進喜歡的調味料。

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Serving : 2

Calorie: 310per serving

Basic Ingredients:

Large free-range eggs	4
Light single cream alternative	75ml
Sunflower oil	A few spray
Red onion	1/2, diced
Large green pepper	1, cored, deseeded and diced
Kale	40g, shredded
Cajun spice mix	1 tbsp
Sea salt and freshly ground black pepper	A little
Hot sauce, to serve (optional)	

Procedures:

1. Crack the eggs into a bowl, add the ‘cream’ and season well with salt and pepper. Whisk to combine.
2. Add 6 sprays of oil to a large non-stick frying pan and place over a medium heat. Add the onion and green pepper and cook for 3–4 minutes, until slightly softened.
3. Add the kale along with a splash of water and cook for 2 minutes. Now add the Cajun spice mix, a pinch of salt and the spinach. Cook, stirring, for about a minute, until the spinach has wilted.
4. Add another 6 sprays of oil to the pan. Pour in the whisked eggs and leave them to set for a few seconds, then gently stir them around until they are just cooked. You want them to remain soft and silky, so don’t overcook.
5. Spoon the spicy mixture onto warmed serving plates. If you like it extra spicy, add a good dash of your favourite hot sauce.