

Baby Kale Sauté with Free Range Eggs

prep 10min ★ cook 10min ★ servings 2

INGREDIENTS

2 tbsp olive oil
1 garlic clove, minced
4 cups baby kale
salt & pepper to taste
4 free range eggs

INSTRUCTIONS

Heat one tablespoon of olive oil in a large nonstick skillet over medium-high heat. Add garlic, and saute for a minute or so until lightly brown. Add baby kale, stirring constantly. Cook for for 2 to 3 minutes or until just wilted. Season with salt and pepper and divide onto two plates.

Wipe out the skillet and add the remaining tablespoon of oil to the pan. Heat the oil for a minute or so and crack the two eggs into the pan. Reduce the heat to medium and let cook for a couple of minutes until the whites begin to harden. Add a few tablespoonfuls of water to the pan, so the eggs begin to steam a bit. Continue to cook until the yolks just begin to set.

TIP If you want the egg yolks firmer, cook a little longer.

