



A pan full of green veggies & eggs

Sometimes we long for a meal that is refreshing, light and meat-free. Or maybe you have a serious lack of time to cook. In either case, this quick meal will fill the gap! It's full of flavour, easy to make and you can use whatever green vegetables you have at home. The use of mint adds freshness and topped with a soft fried egg, it's tasty and bright! This video shows how simple the cooking can be.

Ingredients

SERVES 4

60 ml (¼ cup) olive or avocado oil
20 ml (4 tsp) wholegrain mustard
20 ml (4 tsp) apple cider vinegar or lemon juice
salt and pepper
250 g brown mushrooms, thinly sliced
3 spring onions, cut into chunks
3-4 large baby marrows, cut into ribbons with a vegetable peeler
100 g fine green beans, halved diagonally
125 ml (½ cup) frozen peas, rinsed
45 ml (3 tbsp) coarsely torn fresh mint
4 - 6 eggs, fried to your preference
extra mint leaves to serve

Method

1. Mix 45 ml (3 tbsp) of the oil with the mustard and vinegar or lemon juice and season to taste. Set aside.
2. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Add the mushrooms without any oil and sauté for a few minutes – if the unit is hot enough, the mushrooms will make a squeaky sound while frying.
3. Remove from the unit and add the spring onions. Sauté until soft and add half of the baby marrows. Sauté for a few minutes and add the remaining baby marrows. Sauté until almost soft.
4. Stir in the green beans and peas. Pour the oil mixture over and season to taste. Toss to coat the veggies. Stir in the mint and remove from the unit. Set aside.
5. Add remaining oil to the same unit. Fry eggs to your preference over a medium temperature. Season with salt and pepper and serve with the veggies and extra mint leaves.

TIPS & VARIATIONS:

- Any green veggies are delicious in the dish. Use spinach, broccoli or asparagus when in season. Use Italian parsley or coriander leaves with, or instead of the mint. You can also add bacon with the mushrooms.