

BEETROOT BORANI BREAKFAST BOWL





BEETROOT BORANI BREAKFAST BOWL WITH TUSCAN KALE, WALNUTS, HALOUMI AND EGGS

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4

1 cup roasted beetroot
½ cup Greek yoghurt
4 cloves garlic
finely grated zest and juice of 1 lemon
sea salt flakes and freshly-ground
black pepper
2 Tbsp extra virgin olive oil
1 red onion, finely sliced

4 cups Tuscan kale, torn
1 cup cannellini beans
½ cup walnuts, chopped
200g haloumi, sliced into four pieces
4 eggs
chopped parsley, black sesame
seeds, chilli flakes and pita bread, to
serve

1 Combine the beetroot, yoghurt, garlic, zest and juice in a food processor and puree until smooth. Pour into a sieve lined with a damp kitchen cloth and drain for 15 minutes.

2 Pour the oil into a large skillet, then fry the onion and kale for 3 minutes. Mix in the beans and walnuts. Set aside, then fry the haloumi in the same pan for 2 minutes, until golden.

3 Poach the eggs in salted simmering water for 4 minutes, until soft-set. Spread the beetroot borani in bowls, then top with spinach mixture, haloumi, eggs, parsley, black sesame seeds and chilli. Serve with pita.