

Vegie N Snag Scramble – Pack 1

Ingredients

- 66g(2) large egg whites
- 1 small turkey sausage (60g)
- 1 small (30g) diced yellow onion
- 1/4 (30g) cup diced yellow capsicum
- 1/4 (30g) cup diced red capsicum
- 1 handful (10g) chopped spinach
- 1 diced tomato (100g)
- Salt and pepper to taste

Directions

1. In a large pan, drizzle onions and capsicum with olive oil and saute.
2. When the onions are clear and capsicum is tender, season with salt and pepper.
3. Add chopped turkey sausage, and saute until sausage is golden brown.
4. Lower heat, add egg whites, and scramble.
5. When eggs are almost done, add in tomato and spinach.