

## COMBINING RIGHT RECIPES

### MAIN MEALS

#### Protein

#### **Cheesy Eggs on Leek – serves 2**

500 g leek, washed, halved lengthwise and cut into small pieces

1 Tbsp butter

80 ml herb stock

sea salt and freshly ground pepper to season

ground nutmeg

1 small onion, cut into thin strips

½ bunch chives, finely cut

40 g Gouda cheese, grated

4 eggs, beaten, and seasoned with salt and pepper

1 Tbsp sunflower oil

2 Tbsp sour cream

Melt butter in a pan, and saute leek for about 3 minutes, stirring constantly. Add stock and season with salt, pepper and nutmeg. Cover and simmer over low heat for about 12 minutes. Mix eggs, grated cheese and chives together and season with salt and pepper. Heat oil in a frying pan and saute onions until transparent. Add egg mixture and let set over low heat to scrambled egg consistency. Stir sour cream under the leek vegetable, season again if desired and serve with the cheesy eggs!