

## Quinoa Breakfast Bowl

Serves 2

### Ingredients:

- 2 eggs at room temperature
- 1 cup cooked quinoa
- 1 cup grape tomatoes
- dash of salt
- dash of pepper
- 1 cup chopped kale, stems removed
- 2 cloves garlic, finely chopped
- 1/2 cup chopped fresh basil
- 1/2 cup mozzarella



### Directions:

1. Bring a small pan of water to boil.
2. Add eggs and cook for 6 minutes.
3. Run under cold water after cooking.
4. Set aside.
5. In a medium cast iron pan, heat oil over high heat until oil is fragrant
6. Add the tomatoes, a pinch of salt and pepper, shaking the pan until tomatoes are blistered.
7. Top cooked quinoa with tomatoes.
8. Lower the heat under the pan and add the kale and garlic and the remaining pinch of salt and pepper.
9. Cook until slightly charred, then remove from heat and add the basil.
10. Mix well.
11. Break the eggs in half and top quinoa with egg and cheese.