



THOUGHTFUL COOKING WITH TINA

Healthy Kefir Scrambled Eggs with Asian Salad (High Protein)

SERVES 2 • 20 MIN

A high-protein breakfast of creamy kefir scrambled eggs with a crisp edamame salad and lemongrass-ginger dressing — ready in 20 minutes.

INGREDIENTS

150 g ready-to-eat shelled edamame beans
2 small pak choi, sliced in large strips
50 g carrot, julienned (or grated)
1 tbsp spring onion, finely sliced
4 red radishes, thinly sliced
Small handful fresh coriander, roughly chopped (optional)
5cm fresh lemongrass, outer layers removed and finely minced
1 tbsp fresh ginger, grated
1/2 small fresh red chilli, finely minced
2 tbsp balsamic vinegar
1 tsp perilla oil or toasted sesame oil
1 tbsp lime juice
Pinch of sea salt
6 large eggs
80 ml kefir
1 tbsp extra virgin olive oil
1/2 tsp fine sea salt
black pepper, to taste

ALLERGENS

Eggs • Soy

METHOD

1. Bring a kettle or small pan of water to a rolling boil. Drop the sliced pak choi into the boiling water and blanch for 15–30 seconds, just until the leaves turn bright green and the stems soften slightly. Drain immediately in a colander, then rinse under cold running water to stop the cooking. Press the pak choi between a kitchen towel gently to remove all excess water so the salad doesn't become watery.
2. In a small bowl, combine the minced lemongrass, grated ginger, minced chilli, balsamic vinegar, perilla oil (or sesame oil), lime juice and a pinch of sea salt. Whisk or stir until fully combined. Set aside.
3. In a large mixing bowl, add the edamame beans, blanched and drained pak choi, julienned carrot, sliced spring onion, sliced radishes and chopped coriander (if using). Pour the dressing over the vegetables and toss thoroughly with your hands or a spoon until everything is evenly coated. Leave the salad to sit for 5 minutes so the flavours can absorb while you cook the eggs.
4. Crack the 6 eggs into a clean bowl. Add the 80 ml kefir and sea salt. Whisk vigorously with a fork or whisk until the mixture is smooth, uniform and slightly frothy on top.
5. Place a non-stick frying pan over low to medium-low heat. Add the 1 tablespoon of olive oil and let it warm for 20–30 seconds. Pour in the egg and kefir mixture. Using a silicone spatula, stir the eggs slowly and continuously, sweeping the base and sides of the pan to form soft, creamy curds. Do not rush, keep the heat low and the movement gentle.
6. As soon as the eggs are softly set with no visible liquid pooling at the bottom of the pan (they should still look slightly glossy and wet on the surface), immediately remove the pan from the heat. The residual heat will finish cooking the eggs on the plate. Divide the scrambled eggs between two warm plates and serve immediately alongside the marinated Asian edamame salad.

PER SERVING • estimated

~462.0 kcal • Protein ~31.0g • Fat ~29.0g • Carbs ~19.0g • Fibre ~6.0g