

Joe's Special (Scrambled Eggs, Beef, Mushroom and Spinach)

Calories: 0 kcal

Servings: 2

Time: 0 Mins

Ingredients

- 2.00 cups Baby Spinach (fresh)
- 0.25 tsp Black Pepper
- 30.00 g Cheese (Parmesan)
- 2.00 large Eggs
- 1.50 tbsp Grass-fed Butter, MCT oil or Olive oil
- 70.00 g Mushrooms (sliced)
- 20.00 g Onions (diced)
- 200.00 g Premium Mince Beef
- 0.50 tsp Sea Salt

Instructions

1. Heat the oil in a large cast-iron pan over low-medium heat. Add the onions and cook for 5 minutes until the onions are translucent then add the mushrooms and cook for a further 5 to 10 minutes until, lightly brown and cooked through.
2. Increase the heat to medium and add the ground beef. Brown the meat, crumbling it with a spoon until cooked through, about 5 minutes. Add the spinach, salt, and pepper and cook for another minute, until the spinach is wilted.
3. Move beef mixture to the side of the pan and crack in the eggs and scramble them. Serve warm, garnished with Parmesan cheese, if desired.
4. This dish is best served fresh, but any leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in a baking dish in a preheated oven (180°C) for 5 minutes or in the microwave in a glass or ceramic container.