



## HIGH PROTEIN BREAKFAST CASSEROLE

6 portions

### INGREDIENTS

- 1kg of turkey OR chicken mince
- 2 sweet potato, diced (300 g)
- 5 large eggs (250 g)
- 10 egg whites or 330 g
- 1 cup diced of mushroom (86 g)
- 1/3 cups of milk, (74 g)
- 1.25 cups, diced of cheese, cheddar (165 g)
- 1 tbsp of garlic, (8 g)
- 1 tbsp, Italian herbs (5 g)
- 1 large zucchini, chopped(323 g)
- 2 medium capsicums, chopped (238 g)

### COOKING METHOD

- 1° Set oven to 200 degree Celsius
- 2° Dice raw sweet potatoes into small pieces and spread them out on a baking sheet. Bake them in the oven for about 15 minutes.
- 3° While the sweet potatoes are baking, prepare the mince and eggs. Set a (nonstick) skillet on medium-high heat and toss in mince. Add garlic and Italian seasoning to the skillet and chop and stir. Once the meat is completely cooked and no longer pink (about 6-8 minutes), remove it from the heat.
- 4° In a bowl beat together eggs, skim milk and a few pinches of sea salt & pepper.
- 5° In a large casserole dish (8x8) or individual baking tins, add the cooked mince, sweet potato, zucchini, mushrooms and capsicum. Finally, pour in the eggs and top with reduced fat cheddar.
- 6° Bake in the oven for about 25 minutes

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (457 g)	% DRI
ENERGY	133 kcal	608 kcal	30 %
FAT	7 g	31 g	48 %
FATTY ACIDS, TOTAL SATURATED	2 g	11 g	56 %
CHOLESTEROL	74 mg	338 mg	113 %
SODIUM	109 mg	497 mg	21 %
CARBOHYDRATE	4 g	17 g	6 %
SUGARS	1 g	7 g	—
FIBER	1 g	3 g	13 %
PROTEIN	14 g	66 g	—