Low carb breakfast hash

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Looking for ways to spice up your breakfast. This low carb breakfast hash has it all.

Ingredients (serves 1)

- ½ cup pumpkin, chopped
- 30 g grass-fed butter
- 1 zucchini, finely diced
- ½ cup broccoli, in small florets
- 1 cup spinach
- 2 eggs, free range
- ½ avocado, sliced

Method

Lightly steam pumpkin.

Heat butter in a large pan and add pumpkin and cook until caramelised, stirring throughout.

Recipe and images by Steph Lowe.

Check out Steph Lowe's full 7 day meal plan to kick start your week.

Add zucchini and broccoli and cook for one to two minutes or until well covered and slightly softened.

Add spinach and stir through well. Make two holes, crack eggs and allow to cook to your liking.

Check out Steph Lowe's full 7 day meal plan to kick start your week.

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