



No-bread lunch (serve 3)

Equipment: Sandwich press

Cooking time: 30 minutes

(if you know what you are doing.)

Ingredients

For omelette

4 eggs

⅓ cup coconut cream

½ onion— sliced

3 small mushrooms—sliced

2 cloves garlic—chopped finely

1-2 teaspoon oil or ghee butter to fry

½ teaspoon turmeric

½ teaspoon paprika

¼ teaspoon cumin

Salt & pepper to taste

For salad

Any 2 cups leafy greens

(e.g. cos lettuce, watercress, cabbage, rocket, Chinese cabbage, baby kale, dandelion, etc.)

4-5 mini tomatoes

3 Dutch carrots or 1 medium carrot

Dressing—Balsamic vinegar / lemon juice & olive oil

For sweet potato bake

(Don't like sweet potato? use potato, pumpkin, eggplant etc.)

1 medium sweet potato

1-2 teaspoon coconut oil or olive oil

(Optional additions)

Olives, kimchi, avocado, bacon



Direction

- 1) Distribute all salad on 3 plates.
- 2) Slice & line sweet potatoes on sandwich press with oil. Turn the switch on.
- 3) Fry onion, garlic and mushroom with oil until onion become transparent.
- 4) Mix eggs, coconut cream and spices. Pour onto 3). To make fluffy omelette, keep mixing with chopsticks or silicon whisks until the eggs look half cooked. (anti-scratching)
- 5) Fold one side of egg mixture to make omelette. (if you can't, leave it as it is like scrambled egg. It still tastes great)
- 6) When omelette is done, switch off the sandwich press. (Sweet potatoes should be done.)
- 7) Serve hot stuff on the plate.
- 8) Enjoy!