

Breakfast Casserole

Meal course: Breakfast

Meal type: Lactose Free, Meat

Difficulty: Medium

Country of origin: America

Servings: 10

Total time: 1 hours 5 minutes

Nutrition Facts	Amount per serving
Calories	279
Total Fat	16g
Saturated Fat	5g
Cholesterol	266 mg
Sodium	442 mg
Total Carbohydrate	12 g
Dietary fibre	2 g
Total Sugars	2 g
Protein	23 g
Vitamin D	48 IU
Calcium	126 mg
Iron	5.22 mg
Potassium	1113 mg

Ingredients

For Meat:

½ teaspoon dried parsley

½ teaspoon pepper

450 g ground pork

¾ teaspoon fine sea salt

1 teaspoon dried sage

⅛ teaspoon ground allspice

½ teaspoon dried thyme

For Veggies:

4 red potatoes, cubed

140 g fresh baby spinach leaves

1 tablespoon olive oil

4 garlic cloves, minced

1 red onion, chopped

60 ml low-sodium chicken or veggie broth, plus extra as needed

1 bell pepper, chopped

Generous pinch of fine sea salt

For The Egg Base:

40 g nutritional yeast

¼ teaspoon pepper

12 eggs

½ teaspoon fine sea salt

80 ml unsweetened plain almond milk

1 tablespoon Dijon mustard

Instructions

1. Grease a baking dish with non-stick spray and keep it aside. Preheat the oven to 180 °C.

For Meat:

1. Preheat a large skillet over medium heat, then add in all the meat ingredients. Cook for about 5 to 6 minutes, breaking meat with a wooden spoon.
2. Once cooked, transfer to a prepared dish and spread evenly.

For Veggies:

1. Preheat the same skillet again and add in olive oil if there is not enough grease in the pan.
2. Add in veggies along with a generous pinch of salt. Cook for about 5 minutes.
3. Add in chicken or veggie broth, stir well and cook for about 10 minutes, until potatoes are tender, stirring occasionally. Add more broth if needed.
4. Stir-cook minced garlic for 30 seconds. Now add in spinach and cook until wilted.
5. Turn off the heat, and adjust the salt, if needed. Transfer to the baking dish and spread over the meat evenly.

For The Egg Base:

1. Whisk together all the egg base ingredients in a large bowl until well combined.
2. Pour over the veggies and meat evenly.
3. Bake until center is set, for about 40 to 45 minutes. Let rest for 10 minutes and serve.

Notes: you can make this casserole a vegetarian option, just omit pork and add more veggies such as eggplant, zucchini, pumpkin. You can also use beef or poultry meat instead of pork.