
Turkey And Kale Breakfast Bake

2 Tbls Avocado Oil (or fat of choice)

1 lb Ground Turkey

1/2 tsp Fennel Seeds

1/4 tsp Crushed Red Pepper Flakes

1/4 tsp Marjoram

1/2 tsp Dried Sage

1 tsp Salt

2 cups Kale (chopped)

2 cups Shredded Potatoes ((hash browns))

9 large Eggs

2 tsp Hot Sauce (Franks)

1/2 cup Coconut Milk (Full Fat)

❶ Preheat the oven to 350'

❷ Heat oil in a large non-stick pan or skillet over medium heat and add in the turkey and seasonings (salt, pepper flakes, marjoram, sage, and fennel seeds) brown in the pan until cooked through and then remove from the pan and set aside

❸ Add a little more oil in the pan if needed and put in the kale and shredded potatoes, cook for 2-3 minutes and then add the turkey back in.

❹ In a bowl, whisk the eggs, coconut milk and hot sauce together and pour into the pan, stir the mixture just a little and then leave it alone. Place the pan in the oven and cook for 10-15 minutes. It should be mostly set, with just a slight jiggle in the middle