

# SPICY BEEF, EGG & AVO BOWLS

## INGREDIENTS (Serves 8)

- 8 eggs
- 1–2 Tbsp freshly squeezed lemon juice
- 2–4 avocados, diced
- 2 Tbsp ghee or extra virgin olive oil
- 3–4 onions, sliced
- 800g grass-fed beef mince, or 700g mince + 100g beef liver, finely chopped
- 1½ Tbsp smoked paprika
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- fine sea salt and freshly ground black pepper, to taste
- 600g finely sliced lettuce or baby spinach leaves
- sour cream, to serve (optional)
- sauerkraut, to serve (optional)
- 250g pitted preservative-free Kalamata olives, sliced

## METHOD

- Cook eggs in a large saucepan of simmering water to your liking (hard- or soft-boiled). Drain and rinse under cold running water. Set aside.
- Drizzle lemon juice over avocado. Set aside.
- Heat ghee or olive oil in a heavy-based frying pan over medium–high heat. Add onion and cook, stirring, for 5 minutes, or until softened.
- Add mince or mince and liver, smoked paprika, oregano and cayenne pepper and cook, stirring occasionally, for 5 minutes, or until mince is browned.
- Season with salt and pepper to taste, then remove from heat and loosely cover.
- Peel boiled eggs and cut into quarters.
- To serve, divide lettuce or spinach among eight bowls, add a few tablespoons of mince mixture, then place the avo and egg quarters to one side. Add a tablespoon each of sour cream and sauerkraut (if using) and sprinkle over olive slices.



GLUTEN FREE, GRAIN FREE, NUT FREE, GAPS(TM) | VARIATIONS: DAIRY FREE, EGG FREE, NIGHTSHADE FREE, LOW FODMAPS

*Here's a light meal the family will love that doesn't take long to prepare. Save yourself time and make a double batch of the mince, and freeze it for another day. This recipe is from Jo Whitton's cookbook Simple, Healing Food.*

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Recipe by Jo Whitton  
Quirky Cooking  
Photo Credit: Luisa  
Brimble.

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## SERVING SUGGESTIONS

Place the ingredients on the table and let everyone build their own bowls. Offer some other sides if you like, such as various fermented veggies, diced cucumber, homemade mayo, grated carrot and steamed asparagus.



**Storage:** Store leftover mince in the fridge for up to 3 days, or freeze for up to 1 month.

## VARIATIONS

**Dairy Free:** Swap sour cream for mayonnaise or aioli.

**Egg Free:** Omit eggs.

**Nightshade Free:** Omit smoked paprika and cayenne pepper.

**Low FODMAPS:** Swap avocado for peeled and diced cucumber. Swap onion for grated zucchini and fry with the mince in 2 Tbsp Garlic-Infused Olive Oil. Omit sauerkraut. Swap sour cream for mayonnaise or Greek yoghurt.

**Reduce the meat:** Reduce mince to 300–400g, add 180g (2 cups) finely sliced mushrooms, 1 grated carrot and/or 1 grated zucchini. Stir through and sauté as above, adjusting seasonings to taste, then continue with recipe. You could also add some cooked red lentils to bulk out the mince, if desired.

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