

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Fifi Olé:

Georgia "Ice Cream" (New York Healthy Style)

Ingredients:

(serves 4)

8 eggs

4 sweet potatoes

1 bunch fresh spinach

4 cups dry quinoa

4 tspn sunflower seeds

2 shallots

Olive oil

Salt

Pepper

Crushed red pepper

Instructions:

In a bowl, place 2 poached eggs – lightly seasoned with salt/pepper/crushed red pepper (per preference) – over roast mashed sweet potato- over a bed of raw spinach (wilts under heat of cooked ingredients and maintains vitamin content) – over quinoa. Drizzle sautéed fine chopped shallots & raw sunflower seeds over top & place in preheated 350° oven for 5-10 minutes, allowing the ingredients to melt together.

Mash all ingredients together and serve with the scramble.