

Cabbage, Halloumi & Pesto Breakfast Hash

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, hash with 1 egg): Total carbs: 12.4 g, Fiber: 5.2 g,

Net carbs: 7.2 g, Protein: 25 g, Fat: 61 g, Calories: 682 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 3 tbsp [extra virgin avocado oil](#), [ghee](#) or olive oil, divided
- 1/2 large head savoy or green cabbage, hard stem removed (300 g/ 10.6 oz)
- 150 g halloumi (5.3 oz)
- 2 large eggs
- 3 tbsp pesto (45 g/ 1.6 oz) - *you can [make your own pesto](#)*
- cracked pepper to serve

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Instructions

1. Prepare the cabbage firstly by removing outer leaves and cutting out any thick inner pieces (especially if using Savoy cabbage). Slice the cabbage into ribbons.
2. Heat 1 tbsp of the oil in a large fry pan and add the cabbage. Cook over low-to-medium heat, stirring occasionally until the cabbage is soft, 4-5 minutes. Note green cabbage will take a few minutes longer to cook than Savoy. Optionally you can add a dash of water to cook the cabbage.
3. Meanwhile, cut the halloumi into 1 1/2 cm (1/2 inch) cubes. In another pan add another tbsp of oil and add the halloumi. Cook over medium heat a minute or so until browned on each side.
4. Add the cooked halloumi, along with the pesto, to the cabbage and stir through. Reduce heat to the lowest setting.
5. In the pan you cooked the halloumi in, add the final tbsp of oil, and when heated, crack the two eggs in and cook a few minutes until the whites are just set.
6. To serve, divide the cabbage mix across two plates and add an egg on top of each. Dust with cracked pepper. Serve immediately.

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