

**POACHED EGG AND BACON ON TOAST** 1 portion**INGREDIENTS**

- 2 large eggs
- 2 medium slices of wholemeal bread, toasted
- 2 rashers back bacon, fat trimmed

COOKING METHOD

- 1° Bring 3-4 inches of water to a boil in a saucepan, then reduce the heat to a simmer. Break one egg into a cup or small bowl and then slide the egg gently into the simmering water. Repeat with the remaining egg. Cook until the whites and yolks are cooked to desired doneness (about 5 minutes for a large egg). ALTERNATIVELY, oil two large ramekins and fill them three-quarters full with water. Place the ramekins in an air fryer at 200C for 5 minutes (after this point the water should be simmering). Individually crack the eggs into a small cup or bowl and tip them into the ramekins with the simmering water. Put the egg and water filled ramekins back into the air fryer and cook at 180C for 5-8 minutes until the yolk is cooked to your liking.
- 2° Meanwhile, grill the bacon according to the packet instructions and make the toast.
- 3° Serve the eggs and bacon on the toast

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (212 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 187 kcal | 396 kcal | 20 % |
| PROTEIN | 15 g | 32 g | 65 % |
| CARBOHYDRATE | 14 g | 31 g | 12 % |
| SUGARS | 1 g | 2 g | 2 % |
| FAT | 8 g | 17 g | 24 % |
| FATTY ACIDS, TOTAL SATURATED | 2 g | 5 g | 26 % |
| FIBER | 2 g | 5 g | 20 % |
| SODIUM | 547 mg | 1160 mg | 48 % |