



ONE PAN WONDER

This recipe qualifies as breakfast for dinner- and would make a great Sunday brunch as well as a quick weeknight meal

🕒 5 minutes

🕒 15 minutes

🍴 1 portion

INGREDIENTS

- 1 gram of oil, olive, salad or cooking
- 40 grams of bacon, cut into strips
- 1/2 bunch asparagus, chopped [55g]
- 40 grams of mushrooms, halved
- 62g cherry tomatoes, halved
- 1/2 clove of garlic,
- 30 grams of baby spinach, raw
- 2 eggs [100 g]
- 1 slice of bread, wholegrain [32 g]

COOKING METHOD

- 1° Heat oil in a non-stick frying pan over medium-high heat. Cook the bacon stirring often for about 3 minutes or until lightly browned. Transfer to plate and set aside.
- 2° Heat oil in a non-stick frying pan over medium-high heat. Cook the bacon stirring often for about 3 minutes or until lightly browned. Transfer to plate and set aside.
- 3° Add the asparagus and mushroom and stir fry for 2 minutes, then add the tomatoes and garlic. Stir fry for 1 minute or until tomatoes are just soft., then add spinach and stir fry until wilted. Push to one side of the pan, or transfer to plate. reduce heat to medium. Break eggs into an and cook for 3 minutes or until your liking.
- 4° Serve spinach mixture on plate and top with eggs. Sprinkle with bacon and serve with h pepper and toast on the side.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [362 g]	% DRI
ENERGY	92 kcal	331 kcal	17 %
FAT	4 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	20 %
CHOLESTEROL	110 mg	399 mg	133 %
SODIUM	198 mg	715 mg	30 %
CARBOHYDRATE	6 g	23 g	8 %
SUGARS	2 g	6 g	—
FIBER	1 g	5 g	20 %
PROTEIN	9 g	32 g	—