



MUSHROOM, EGG AND BACON MUFFINS

Preparation: 10 Minutes

Cooking: 12-15 Minutes

Serves: 4

INGREDIENTS

- 150g bacon rashers (rind off)
- 4 large flat mushrooms (stems trimmed)
- Olive Oil Spray
- 4 Whole grain muffins, split
- 4 Eggs
- 80g baby Spinach leaves
- 1 Pinch Salt
- Ground Black pepper

METHOD

1. Preheat grill to medium – high heat. Place bacon on grill tray. Cook for 2-3 minutes on each side or until crispy. Drain on paper towel
2. Spray mushrooms with Olive Oil spray. Place stem side down on grill tray and cook for 2 minutes or until just softening. Turn and cook for a further 2 minutes until tender. Transfer to a plate, cover with foil and keep warm.
3. Heat frying pan over medium heat. Fry eggs to taste.
4. Toast muffins until golden brown
5. Place spinach leaves on toasted muffin bases. Top each with an egg, a grilled mushroom and bacon rashers. Season with Salt and Pepper. Top with muffin tops and serve immediately.