

Allowable English breakfast



10g organic butter or coconut oil
2 rashers unsmoked bacon (use vegetarian bacon if preferred*)
large handful kale
2 closed cup mushrooms, sliced
2 small tomatoes, halved
2 medium sized eggs, whisked
salt and pepper to season

SERVES 1

** Note: Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

In a frying pan, melt the butter / oil over a medium heat. Fry the bacon rashers on both sides until crispy.

Add the kale, mushrooms and tomatoes and fry for 3-4 minutes, turning the tomatoes halfway. When the vegetables are soft, remove pan from heat.

Pour the eggs into a non stick frying pan, over a medium heat and season with salt and pepper. Cook for around 3 minutes, stirring constantly. When the eggs are cooked, remove from heat, and transfer to a plate with the other cooked ingredients.

Consume immediately.



PER SERVING:
417 Calories
6g Carbs
33g Protein
29g Fat