



Ham 'n' Eggs

(makes 1 serving)

Once upon a time 'bacon and eggs' was regarded as a health-disrupting, only-on-a-sunday breakfast treat but happily, no more..... Have this quick and easy combo first thing in the morning or whenever the mood takes you and say goodbye to sugary cereals for good.

Ingredients

½ tablespoon coconut or olive oil (or a mix of both)
2 medium free range eggs
2 thin slices Parma or other 'cured' ham
1 medium fresh tomato, halved
Freshly ground black pepper

Method

In a small to medium-sized sauté pan, heat the oil over a medium heat until hot then add the tomato halves, flesh side down and cook for a few minutes then push them to the side of the pan.

Add the cured ham slices, let them sizzle for a minute or two before moving them to the side and cracking the eggs into the remaining space (turn the heat down if they start spluttering).

As the eggs cook, keep basting them with the oil using a spoon and tilting the pan slightly.

Once the eggs are cooked to your liking, season the eggs and tomato lightly with pepper (you are unlikely to need salt as the ham is 'salty') then lift all the ingredients onto a warmed plate with a slotted spoon or fish slice and dig in.