

PRIMROSE CUPS

Time: 25 minutes

Serves: 3

Ingredients:

6 slices genoa salami
1 cup baby arugula
2 tablespoons grated parmesan cheese
6 eggs
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper

Preparation:

Preheat your oven to 400F.

Place one slice of salami in each cup of a muffin pan, shaping into a cup as much as possible. Place the pan in the oven for five minutes.

Remove the pan from the oven, filling the salami cups with the arugula and parmesan. Carefully crack one egg into each cup and season with the salt and pepper.

Return the pan to the oven for ten minutes or until the eggs whites are just set.

Remove the pan from the oven and let rest for three minutes before carefully removing the salami and egg cups for plating. Serve immediately.

Nutritional Information Per Serving:

Calories: 228
Fat: 16g
Carbs: 2g
Fibre: 0.1g
Protein: 18g