

# BACON & EGGS

**Time: 30 minutes**

**Serves: 2**

### Ingredients:

- 4 thick strips bacon
- 2 leeks – halved lengthwise and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 clove garlic - finely chopped or grated
- ¼ teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper
- 2 eggs

### Preparation:

Place a large pot half filled with water on high heat. When it reaches a simmer, reduce heat to maintain.

Place a suitable pan on medium heat. Once the pan is hot, cook the bacon for five minutes on each side or until crisp.

Set the bacon aside and reserve one tablespoon of the fat.

Pour off the remaining bacon fat and add the leeks to the pan. Season with half of the salt and pepper and cook, stirring occasionally for five minutes.

While the leeks are cooking, whisk together the reserved bacon fat, olive oil, vinegar and garlic along with the remaining salt and pepper.

One at a time, crack the eggs into a small bowl and gently pour each from the bowl into the simmering water. Simmer until done to your liking.

Plate the leeks topped with the bacon and egg, drizzling the vinaigrette around the perimeter.

### Nutritional Information Per Serving:

- Calories: 338
- Fat: 24g
- Carbs: 13g
- Fibre: 2g
- Protein: 18g