



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

HAM & EGGS

Time: 20 minutes

Serves: 2

Ingredients:

30g extra-virgin olive oil
3 cloves garlic – skin-on crushed with side of knife
1 red potato – peeled - small dice
1.5g kosher salt
100g ham – matchsticks
4 eggs
Few grinds fresh ground black pepper
2 green onions - sliced

Preparation:

Place a heavy frying pan on medium heat. Add the oil. When the oil is hot, add the garlic, stirring occasionally for one minute. Remove the garlic with a slotted spoon and discard.

Add the potato and salt, stirring only occasionally for ten minutes. Remove with a slotted spoon and set aside to keep warm.

Place the ham in the pan and cook for two minutes, stirring occasionally. Remove with a slotted spoon and set aside to keep warm.

Crack the eggs into the pan, add a few tablespoons of water and cook covered until the whites are just set.

Plate the eggs topped with potatoes, ham, black pepper and green onion.

Nutritional Information Per Serving:

Calories: 421
Fat: 28g
Carbs: 20g
Fibre: 3g
Protein: 23g