



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

EGGS & MOZZA

Time: 10 minutes

Serves: 1

Ingredients:

5g grapeseed or other neutral-flavoured oil
3 large free-range eggs
1g kosher salt
Few grinds fresh-ground black pepper
50g mozzarella cheese - shredded

Preparation:

Place a 20cm frying pan on medium heat and add the oil.

Crack the eggs into a bowl. Add the salt and pepper, the best with a fork or whisk until colour is relatively uniform.

Pour the eggs into the pan, tilting the pan to evenly coat the base with egg. Sprinkle the cheese onto the egg and cook for two minutes.

Use a silicone spatula to carefully fold the egg in half. Continue to cook for 30 seconds then flip over, cooking for an additional 30 seconds.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 409
Fat: 30g
Carbs: 2g
Fibre: 0g
Protein: 30g