

Aussie Bubble & Squeak with Fried Egg Topper



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★★★★

Publication: 6 October 2015

Categories: Quick & Easy, Breakfast Recipes, Vegetarian



Ingredients

- 1 tbs olive oil + cooking oil spray
- 500g leftover dinner vegetables (such as sweet potato, pumpkin, potato and carrots), roughly chopped
- 1 cup frozen peas
- 2 eggs, at room temperature

Method

Leftover vegies make a fantastic easy breakfast; topped with an egg of course!

1. Heat oil in a medium non-stick frying pan over medium heat. Add roasted vegetables and cook, tossing often, for 4-5 minutes until

- vegetables are hot and crisp at the edges. Toss through peas and keep warm over low heat.
2. Spray a separate medium non-stick frying pan with oil to grease. Heat over medium heat.
 3. Crack eggs into pan and fry until cooked to your liking.
 4. Top vegetables with fried eggs, season and serve.

Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

This recipe has been endorsed by leading not-for-profit, [Hearts4Heart](#).



Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
380g	1320kj 315kcal	17.5g	16.5g	3g	17.8g	8.9g	140mg	13.6g

All nutrition values are per serve.