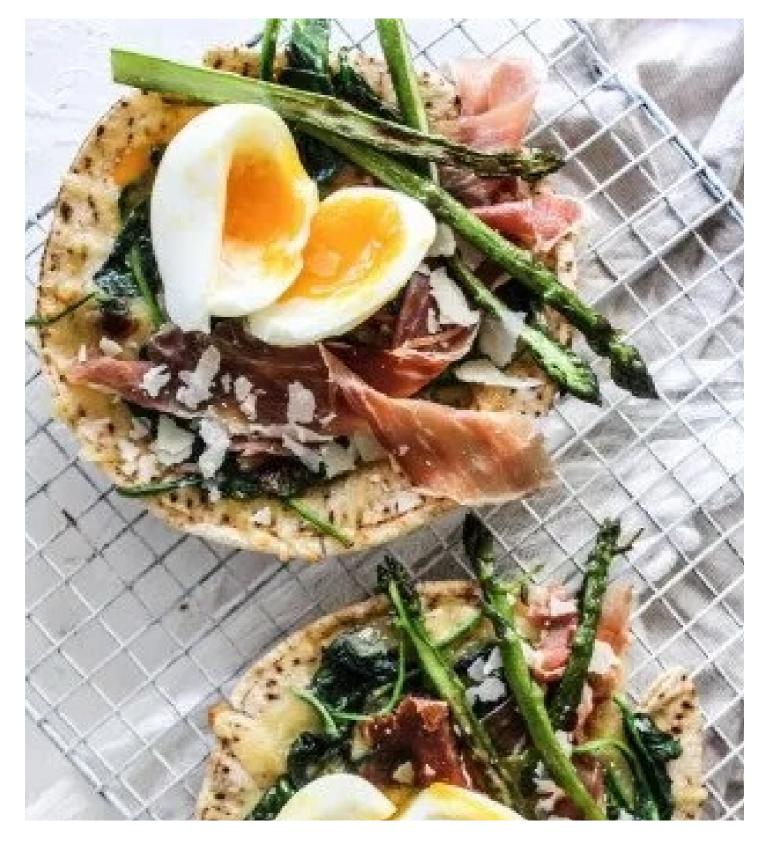
Easy Breakfast Pizzas



Preparation time:	20 mins
Serves:	4 people
User Rating:	****

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Ingredients

4 eggs 4 small wholemeal pita breads ½ onion finely chopped 1 garlic clove finely chopped 1 cup mozzarella 2/3 cup grated parmesan 3-4 cups baby spinach 100g finely sliced prosciutto Shaved parmesan (garnish) Grilled asparagus (optional) Olive oil

Method

1. Preheat oven to 180 degrees.

- 2. In a saucepan on medium heat add the olive oil and butter, once melted add garlic and onion and cook until the mixture starts to caramelise.
- 3. Add the baby spinach and cook until they start to wilt (about 1 min) Set aside to slightly cool.
- 4. To prepare the mini pizzas, evenly spread each one on a baking tray lined with baking paper.
- 5. Evenly share the mozzarella over each of the pizzas. Follow again with the grated parmesan.
- 6. Evenly share the baby spinach mixture over the four pizzas. Place in the oven for 6-8 mins or until the cheese starts to melt.
- 7. In a pot of boiling water place the eggs in and boil for 5-6 mins so they are just slightly runny. Cook for a further couple of minutes if you prefer hard boiled. Or you can fry the eggs. The choice is yours!
- 8. Once the cheese has melted, take the mini pizzas out and top them with the baby spinach, prosciutto, egg and shaved parmesan.

Nutritional Information



3.4µg