

Classic Egg and Bacon Pies



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 4 eggs
- 4 sheets of frozen filo pastry, thawed
- 2 rashers of bacon, eye part only
- 4 tbsp extra light sour cream
- 4 sprigs parsley, chopped
- Pepper to taste
- Spray oil
- Cooked spinach for serving

Method

- 1. Preheat oven to 180°C. Spray four compartments of a muffin tray with spray oil, cut the pasty into quarters (or to size) and gently press the pastry into the muffin tin.
- 2. Place bacon onto a baking tray and cook in the oven for 3 – 4 minutes or until done. Place onto a kitchen towel to drain and cool. Cut each rasher in half and place one half into the base of the pastry shell.
- 3. Mix sour cream, parsley and pepper together and spoon over the bacon. Crack egg over the sour cream mixture. Place in the oven and bake for 15 – 20 minutes or until cooked.
- 4. Remove from oven, carefully remove pastry from tin and serve with cooked spinach.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
105g	798kj 191kcal	13g	11.1g	3.5g	9.5g	1.9g	403mg	0.4g	3.4µg

All nutrition values are per serve.