

# Egg Pan with Leg Ham, Red Onion and Capsicum



Preparation time: 15 mins

Serves: 1 person

User Rating: ★★★★★

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## Ingredients

- 2 eggs
- ½ small spanish onion, peeled and sliced
- ¼ red capsicum, de-seeded, washed and sliced
- 80g lean salt reduced leg ham, cut into large strips
- Spray oil
- Pepper to taste
- 1 small crusty wholemeal bread roll

## Method

1. Preheat oven to 160C.
2. Use a fry pan with an ovenproof handle, heat over medium heat and add the oil. Add sliced onion and capsicum and sauté until semi-soft. Add ham, sauté for a further minute or two then place eggs on top.
3. Place in the oven and bake until eggs are done to your liking. Remove pan from the oven and Place pan onto a heat resistant surface. Eat straight out of the pan, be careful, as the handle will be very hot.
4. Serve with crusty bread rolls.

## Notes

Add other vegetables such as mushrooms, celery and spinach

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
361g	2140kj 511kcal	35.3g	22.1g	4.1g	38.7g	8.6g	1550mg	8g

All nutrition values are per serve.