

Eggs, Bacon and Sprouts Tray Bake



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes



Ingredients

- 1 tbsp red wine vinegar
- 1 tbsp olive oil
- 1 ½ tbsp honey
- ½ tsp dried chilli flakes
- 600g brussels sprouts, trimmed, halved
- 125g lean short cut bacon, cut into 1cm-wide strips
- 1 bunch broccolini, trimmed
- 4 eggs

- 2 tbsp baby herbs
- 4 slices sourdough bread, toasted, to serve

Method

1. Preheat oven to 200°C/180°C fan-forced. Spray a baking tray with oil. Combine vinegar, oil, honey and chilli flakes in a small bowl. Place sprouts and bacon on prepared tray. Drizzle with half the vinegar mixture. Bake for 15 minutes.
2. Add broccolini to tray and make 4 indents in between the vegetables. Break an egg into each indent and return to oven for 10-15 minutes or until eggs are cooked to your liking.
3. Drizzle bake with remaining dressing and sprinkle with herbs. Serve with toasted bread.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
337g	1660kj 397kcal	28.3g	15.3g	3.8g	30.8g	14.3g	965mg	9.7g
Vitamin D								
3.4µg								

All nutrition values are per serve.