Green Eggs & Ham



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★☆☆

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Ingredients

- 8 eggs
- 2 tsp olive oil
- 25g (1/3 cup) grated parmesan cheese
- 120g baby spinach
- 4 seeded brioche buns, split, toasted
- 80g thinly sliced lean leg ham

Method

- 1. Place eggs, 100g spinach and parmesan into a blender and blend until combined. Season with salt and pepper.
- 2. Heat a large non-stick frying pan over medium heat until hot. Add the oil and swirl to coat pan base. Add egg mixture and cook for 1½ minutes or until mixture starts to set. Using a spatula, push set egg towards centre of pan, tilting pan to allow uncooked egg to run over base. Cook for 2 minutes or until eggs form creamy curds.
- 3. Top bun base with spinach leaves, ham and green eggs. Sprinkle with parmesan, top with bun lids to serve.

Nutritional Information

Serving size **222g**

1650kJ **394**kcal

Protein 27.5g

Total fat **16.5**g Saturated fat **4.7**g

Carbs (total) **31.6g** Carbs (sugar) **3.3g**

Sodium **901mg**

3.2g

Vitamin D 6.9µg

All nutrition values are per serve.