

# Breakfast Bowl With Baked Egg



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 23 October 2012

Categories: Quick & Easy, Breakfast Recipes



## Ingredients

- Olive oil cooking spray
- 2 wholemeal lavosh breads
- 2 teaspoons olive oil
- 200g cup mushrooms, finely sliced
- 1 clove garlic, finely sliced
- 6 cherry tomatoes, halved
- 2 tbsp chopped fresh basil
- 4 slices 98% fat free rindless bacon

- 4 eggs
- Extra basil leaves to garnish

## Method

1. Preheat oven 180° C and grease 4 large Texas muffin tin with cooking spray.
2. Cut long strips of baking paper and push into tin, making sure to have ends extend over the sides. This will help you to pull out the breakfast bowls out of the tin.
3. Cut lavosh bread in half and spray both sides. Push into tin, folding over on the sides; bread corners should extend outside of the tin. Bake 10 minutes, remove and set aside.
4. Heat oil in a non-stick frying pan over medium high heat and cook mushrooms and garlic for 3-4 minutes or until softened and all juices have been released. Add tomatoes and basil and cook a further 2 minutes.
5. Remove and spoon mushroom and tomato mixture evenly between bread cases. Cut each piece of bacon in half lengthways and position around the sides of the bread bowl crack eggs into the centre of each one and bake 10-15 minutes or until egg is cooked to your liking.
6. To serve, unmold bread cases from tin and place onto serving plates. Garnish with extra basil leaves and serve immediately.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>186g</b>	<b>1020kj</b> <b>244kcal</b>	<b>18.6g</b>	<b>10.6g</b>	<b>2.6g</b>	<b>16.5g</b>	<b>1.8g</b>	<b>274mg</b>	<b>3.9g</b>

All nutrition values are per serve.