

Spanish-Style Bacon & Eggs



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Ingredients

- 1 red onion, peeled & sliced thickly
- 1 red capsicum – cut in strips (same thickness as onion)
- 2 chorizo sausages cut lengthways into 4 each
- 2 Tbsp extra virgin olive oil
- 8 eggs
- cracked black pepper to taste
- 2 Tbsp chopped parsley

Method

1. In a heavy, non stick frypan, gently fry the chorizo on both sides in olive oil until cooked (but not dried out). Remove and keep warm.
2. Into the oil remaining in the pan, cook the onion and capsicum on medium to high heat until softened but not mushy – say 2 to 3 minutes, stirring often. Remove and keep with chorizo.
3. Next, fry the eggs to your liking in the same pan in the same remaining oil. Serve everything on warm plates, sprinkle with pepper and parsley.

Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
295g	1980kJ 473kcal	31.7g	35.8g	10.1g	5.6g	5.3g	995mg	2.5g

All nutrition values are per serve.