



Serves: 4
Preparation: 10 mins
Cooking time: 12-15 mins

Mushroom, Egg & Bacon Muffins

150g rindless bacon rashers
4 (about 100g each) flat mushrooms, stems trimmed
olive oil spray
4 whole grain muffins, split
4 eggs
80g baby spinach leaves
Salt & ground black pepper

1. Preheat a grill on medium-high heat. Place bacon on grill tray. Cook for 2-3 minutes on each side or until crispy. Drain on paper towel.
2. Generously spray mushrooms with oil spray. Place stem-side down on grill tray. Grill for 2 minutes or until just softening. Turn and grill for a further 2 minutes or until tender. Transfer to a plate, cover with foil and keep warm.
3. Heat a medium frying pan over medium heat. Lightly grease pan with oil spray. Fry eggs until yolk is almost set.
4. Meanwhile, toast muffins until golden.
5. Place spinach leaves on toasted muffin bases. Top each with an egg, a grilled mushroom and bacon rashers. Season with salt and pepper. Top with muffin tops and serve immediately.