

VOLCANO BREAKFAST BUNS

Makes 2

INGREDIENTS

- 2 wholegrain dinner rolls
- ½ slice shaved lean ham, cut in quarters
- 1/3 cup baby spinach leaves
- 2 x 50g eggs
- 1/4 cup grated reduced fat cheddar cheese
- 1 tablespoon freshly chopped parsley
- sweet paprika, for dusting (optional)

METHOD

1. Turn oven on to 180°C.
2. Line a baking tray with baking paper.
3. Cut the top third off the rolls and scoop out most of the bread without breaking through the sides or bottom of the bread roll.
4. Line each roll with a piece of ham and spinach leaves. Crack an egg into each roll and sprinkle with cheese, parsley and paprika.
5. Very carefully, place bread roll onto baking paper.
6. Bake at 180°C for 15 minutes or until the rolls and cheese are golden.

TIPS / HANDY HINTS

Tip: An easy weekend breakfast or picnic idea. Can also be made ahead of time and eaten chilled.



NUTRITIONAL INFORMATION per serve

| Energy (kj) | Protein (g) | Fat, Total (g) | Fibre (g) | Sodium (mg) | Calcium (mg) | Iron (mg) |
|-------------|-------------|----------------|-----------|-------------|--------------|-----------|
| 602 | 11.4 | 8.2 | 0.9 | 284 | 109 | 1.4 |