

Egg & Bacon Sandwich

SERVES 1 PREP 3 min COOK 6 min

You'll Need

- 2 slices white bread, for toasting
- 1 rasher shortcut bacon
- 1 large egg
- 1 tsp butter
- 1 tsp tomato relish
- small pinch salt
- small pinch black pepper

Method

1. Cook the bacon in a small frying pan over medium heat for about 2 minutes per side. Transfer to a plate.

2. Reduce heat to medium-low, crack in the egg, gently break the yolk and season lightly. Cook 2-3 minutes until set. Meanwhile, toast the bread until golden.

3. Butter the toast and spread relish on one slice.

4. Add bacon and egg, top with the second slice and cut in half.

ONE GOOD TIP

Cook the egg in the bacon pan. The flavour left behind gives the egg extra savoury depth.



Lemon Myrtle Egg & Lettuce Sandwich

SERVES 1 PREP 5 min COOK 10 min

You'll Need

- 2 slices soft white bread
- 2 large eggs
- 1 1/2 tbsp mayonnaise
- 1 tsp chives, chopped
- 1/8 tsp lemon myrtle powder
- 1/4 tsp Dijon mustard
- 1/4 tsp black pepper
- small pinch salt
- 2-3 butter lettuce leaves
- 5 g softened butter

Method

1. Boil eggs 9-10 minutes, cool, peel and roughly chop.
2. Mix mayonnaise, chives, lemon myrtle, Dijon, pepper and salt.
3. Fold through eggs gently.
4. Butter bread, add lettuce and egg filling, top with second slice and serve.

Lemon Myrtle Egg & Lettuce Sandwich (continued)

ONE GOOD TIP

Keep lemon myrtle restrained so the sandwich still tastes like egg and lettuce.

PROOF



Miso-Maple Salmon, Crispy Potatoes & Greens

SERVES 1 PREP 8 min COOK 30 min ONE OVENPROOF PAN

You'll Need

- 1 salmon fillet, 170-200 g
- 220 g baby potatoes, cut into 2 cm pieces
- 100 g green beans
- 1 tbsp white miso
- 2 tsp maple syrup
- 1 tsp soy sauce
- 1/2 tsp sesame oil
- 1/2 tsp ginger
- 1/2 lime
- 1 tsp olive oil
- sesame seeds, optional
- spring onion, optional

Method

1. Heat oven to 200°C fan / 220°C conventional and mix miso, maple, soy, sesame oil and ginger.

2. Toss potatoes with olive oil in an ovenproof pan and roast 18 minutes.

Miso-Maple Salmon, Crispy Potatoes & Greens (continued)

3. Push potatoes aside, add salmon skin-side down, brush with half the glaze and roast 6 minutes.

4. Add green beans, brush salmon with remaining glaze and roast 4-6 minutes more, until potatoes are tender and the salmon centre is opaque and flakes easily. Thick fillets may need longer.

5. Finish with lime and optional sesame seeds or spring onion.

ONE GOOD TIP

Use a fillet about 2 cm thick. If the glaze darkens before the fish is done, cover it loosely with foil.