

free range bacon & eggs with air-fryer garlic mushrooms and roasted tomatoes

prep time 10min

serves 1



ingredients

2 sherwood rd organic meats free range nitrate free bacon rashers

2 sherwood rd organic meats free range eggs

1/4-1/2 avocado

2 roma tomatoes

2 field mushrooms

extra virgin olive oil

garlic infused olive oil

watercress or baby spinach

lemon juice

sea salt

method

1. into a lined air-fryer add mushrooms and roma tomatoes. drizzle with garlic infused extra virgin olive oil and season with sea salt. cook for 5-8 minutes or until veggies are tender.
2. meanwhile heat olive oil in a frying pan, add bacon and cook for 1-2 minutes. turn and continue cooking to liking. push bacon to one side of the pan and crack eggs into frying pan. cook to liking.
3. serve bacon, eggs, garlic mushrooms and tomatoes onto a plate with avocado and greens. drizzle greens with extra virgin olive oil and lemon juice. season eggs with sea salt.

options

Serve with toasted sourdough, gluten free bread or paleo bread.

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