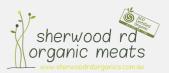
## free range bacon & eggs with air-fryer garlic mushrooms and roasted tomatoes



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

- 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.
- 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.
- 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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