

# Fried egg, mushrooms, tomatoes & toast with Melon

(Serves 2)

## Ingredients

- 1/2 tbsp Lurpak lighter, Olive oil spreadable butter
- 125g Mushrooms, sliced
- 1 tsp Oil, Rapeseed (Canola)
- 2 Eggs, medium
- 2 Tomatoes, medium, halved
- 2 x 800g Slices Hovis Granary wholemeal bread
- 1 tbsp (15g) Lurpak lighter, Olive oil spreadable butter
- 1/4 tsp Black pepper
- 2 x 80g slices melon (any type)

## Preparation

1. Heat the 1/2 tbsp of butter in a frying pan on a medium-high heat. Add sliced mushrooms & cook until nicely browned.
2. Whilst cooking, heat the 1 tsp oil in a small frying pan on a gentle heat & crack in the eggs.
3. Put tomatoes under a heated grill.
4. Cook all until cooked to taste.
5. Toast, butter (using other 1 tbsp butter) & slice toast & put out on a warmed plate along with cooked egg, mushrooms & tomatoes.
6. Sprinkle with black pepper & serve immediately with sliced melon.

**TOP TIP:** For added flavour, swap tomatoes for seasonal tomatoes on the vine (80g per person).

## NUTRITIONAL VALUES

### PER SERVING

Calories 319

Total Sugars 9.35g

Total Fats 16.46g

Saturated Fats 4.59g

Salt 0.84g

Fruit & Veg 2.75