

Mediterranean eggs & melon

(Serves 1)

Ingredients

- 1 tsp Oil, Rapeseed (Canola)
- 1/2 (approx 100g) Courgette, thickly sliced & quartered
- 1/2 Pepper, red, deseeded & chopped
- 100g Onion, red, chopped
- 2 sprays Rapeseed oil spray
- 2 Eggs
- 1 tbsp Basil, fresh, chopped
- 1/8th tsp Black pepper
- 80g Melon (any variety)

Preparation

1. Heat oil in a large non-stick frying pan.
2. Add courgette, pepper & onion.
3. Fry for 5 minutes until start to soften.
4. Make a gap in the centre of the pan.
5. Spray 2 sprays of oil in the centre & crack in the eggs.
6. Cook for 2-3 minutes until eggs are as you like them.
7. Scatter over a few basil leaves & the black pepper.
8. Serve with 80mg of sliced melon on the side.

TOP TIP: Cook vegetables for less time if you like them "al dente" It gives the dish a lovely crunch.

NUTRITIONAL VALUES PER SERVING

Calories 304
Total Sugars 15.87g
Total Fats 15.08g
Saturated Fats 3.3g
Salt 0.14g
Fruit & Veg 4.5