

Hong Kong "ham" & egg sandwich

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	912kj	11%
Energy (kcal)	219kcal	11%
Fat	14g	20%
of which saturates	6.7g	34%
Carbohydrate	12g	5%
of which sugars	0.9g	1%
Fibre	1.4g	6%
Protein	11g	22%
Salt	0.61g	10%

Generated by Nutritics v5.61 on 28/08/2022

INGREDIENTS: (Serves 1 - 651kcal per 298g serving)

- 3 EGGS, whole, raw
- 25g Ham or Quorn* Vegan ham, slices
- 72g Bread, white, slices (**GLUTEN**)
- 2 Tablespoon Butter, unsalted, softened (**MILK**)

OPTIONAL EXTRAS:

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METHOD:

1. In a small bowl, crack three eggs and whisk for at least 30 seconds until well combined. This is important as it creates a smooth egg texture.
2. Grease a small 8-inch non-stick pan with 1 tbsp butter, absorbing any excess with paper towel. Heat pan over low heat.
3. Pour half the portion of eggs into the pan, quickly sweeping it to one side of the pan with a spatula. Keep sweeping until the solidifies. Then once that has kept shape, pour the remaining eggs into the other half of the pan. Allow this to cook until the egg forms an edge.
4. Then carefully flip that egg on top of your other half or as best as you can. Then fold the sides in to create a square. Fry on the other side for 5 minutes over low heat.
5. Warm up your ham by placing them on the hot pan. Optional: Lightly toast your bread on pan.
6. Spread remaining butter over your bread. Assemble your sandwich. Enjoy!

ALLERGENS



EGGS



MILK



GLUTEN

MODIFY

*the nutritional information for the vegan ham is from Quorn, feel free to use other brands but look out for potential allergens!

Switch white bread for wholegrain for added fibre

CREDIT

Recipe by: Christieathome
Photo by: Christieathome

