



BACON AND EGG TOASTED SANGA

As serious as a bacon and egg sanga can get.
Recipe by Pete Evans

Cook Time 10-15 minutes | Serves 4

Okay, now we're getting serious ... well, as serious as a bacon and egg sanga can get. I have used paleo bread so those avoiding gluten or grains can chow down on this quintessential Aussie breakfast. There is nothing fancy about this sandwich - simply cook the bacon and eggs to your liking, toast the bread and spread with your favourite sauce. This also makes for a pretty impressive school or work lunch.

Ingredients

8 rindless bacon rashers
4 eggs
8 paleo bread slices, toasted
2 tablespoons coconut oil or good-quality animal fat
sea salt
freshly ground black pepper
80g mayonnaise (page 237)

Method

Heat half the coconut oil or fat in a large frying pan over medium-high heat. Add the bacon and pan-fry, turning occasionally, for 3-5 minutes until golden and crisp (or cook to your liking). Remove from the pan, drain on paper towel and keep warm.

Wipe the pan clean with paper towel, place over medium-high heat and add the remaining coconut oil or fat. (Or just crack the eggs straight into the bacon fat like I do!) Crack in the eggs and fry until the whites are set and the yolks are cooked to your liking, 2 1/2 - 3 minutes for soft egg yolks. Season with salt and pepper to taste.

Spread half the mayonnaise on four slices of toast, then top each slice with two rashers of bacon and a fried egg. Spread a little more mayonnaise on the remaining slices of toast and place on the egg and bacon to form a sandwich.
Serve while still hot.

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