



Recipe of the Week

SIMPLE, SPEEDY & HEALTHY VEGE MEDLEY

I'm not one for specific quantities so these can be varied according to taste and numbers

Ingredients

- 8 small Brussel sprouts, cut into quarters
- 8 Florets of broccoli
- 6 Dwarf beans
- 4 rashers of bacon, chopped
- 1 tab toasted breadcrumbs
- 2 medium potatoes chopped into smallish pieces OR 1 cup mashed potato
- 1 - 2 eggs
- ½ cup toasted hazelnuts (or walnuts if preferred)

Method

1. Fry the parboiled potato pieces (or the flattened mashed potato) using olive oil, until golden brown, put to one side.
2. Fry the brussel sprouts, which take slightly longer, with butter, and then add the broccoli florets, and the beans, until lightly cooked, put to one side.
3. Fry the chopped bacon, followed by the eggs at the end.
4. Mix the vegetables with the toasted hazelnuts and toasted breadcrumbs
5. Place the potatoes on the plate, pile on the cooked vegetables and bacon pieces, and place the fried eggs on top with a squirt of Japanese mayo on the vegetables.