

Eggs Fried On Tomatoes With Tuna

Serves 1

1 large tomato
1 tsp. coconut oil
2 eggs
3 oz. (80g) tuna in brine
pinch of oregano
pinch of chili flakes
parsley, chopped, to serve

What you need to do

1. Peel the tomato and chop into cubes.
2. Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.
3. Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.
4. Arrange pieces of tuna on top. Then sprinkle with dried oregano and optionally chili flakes.
5. Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- Replace tuna with feta or Gorgonola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option

GF	DF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	307	15	8	32

*Nutrition per serving

