



## EGG, BACON AND SPRING ONION MAYO (SERVES 4)

### INGREDIENTS:

- 6 eggs
- 6 Turkey Bacon rashers
- 4 spring onions
- 30g mayonaise
- salt and pepper

### INSTRUCTIONS:

- Airfry the bacon rashers on 200c until cooked through (approx 5 minutes)
- bring large pan of water up to the boil and carefully drop the eggs in
- reduce the water to a simmer and cook for 7 minutes
- Meanwhile chop up the cooked bacon and spring onion.
- remove the eggs from the heat and plunge straight into cold water. Once cool peel and smush with a fork.
- Add the other ingredients and mix well.
- Serve on a Jacky P, in a sandwich on on a salad

215 cals 20g P 2g C 14g F