

Continental breakfast

This quick, satisfying breakfast can be made effortless by having a batch of cooked vegetables on hand that you might have used for the previous day's dinner or lunch. Cured meats keep really well and a little goes a long way.

Serves 1
Prep time 8 minutes
Cooking time 4–10 minutes
Carb count 16.1 g

EQUIPMENT

Chopping board, knife, oven-proof dish, pot of water, timer

INGREDIENTS

1 slice low-carb bread (page 156)
 30 g (small piece) roasted carrot
 30 g (small piece) roasted parsnip
 1 egg
 40g (3–4 slices) cured meats (selection of ham, salami, prosciutto, speck, bresaola, pepperoni, chorizo, pancetta, etc.)
 20 g (small handful) spinach
 6–7 olives
 ½ avocado
 15 g (1 tbsp) almonds
 20 g (small piece) cheese (whatever is your favourite; cheddar or brie work well)
 5 g (1 tsp) butter

METHOD

Preheat oven to 180°C. Place the slice of low-carb bread in the oven-proof dish. Add the carrot and parsnip (or whatever leftover vegetable you have) to the dish next to the bread, and put it in the oven for 5 minutes to warm. Boil or poach (page 96) the egg. Arrange the cured meats, spinach, olives, avocado, almonds and cheese on the plate, add the warm vegetables and the egg. Serve with the warm bread, buttered.

