

Tuna with Eggs Fried On Tomato



Prep	Cook	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	15	4	30

Approximate nutrition per serve. Calculations based on data from CalorieKing, Australia.

Serves 1

- 1 fresh tomato, 150g
- 1 tsp. olive oil
- 2 large eggs
- 80g tuna in brine
- pinch of oregano
- pinch of chilli flakes
- parsley, chopped, to serve

Steps

1. Peel (optional) and dice the tomato.
2. Heat oil in a small frying pan, add the diced tomato and cook 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 drained tuna on top. Then sprinkle with oregano and chilli flakes (or your preferred herbs and/or spices).
5. Cook for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

