



REDUCED CARBOHYDRATE MEAL

Guilt free fry up

INGREDIENTS (1 serving)

- 20ml (0.6 fl. oz) olive oil
- 145g (5.2oz) tomato, look for a large tomato - slice in half
- 4 slices of turkey bacon
- 220g (7.7oz) beef tenderloin, trimmed of any visible fat
- 170g (5.9oz) mushrooms, sliced
- 180g (6.3oz) spinach
- 1 egg

We all like to pop down to the cafe and tuck into a fry up but it's not always done in the healthiest way. Here is the 90 Day SSS version which will tick all the boxes – get stuck in and enjoy. Feel free to have your egg fried or scrambled also.

METHOD

Preheat your broiler to maximum and put a saucepan of water on to boil.

Drizzle a third of the oil onto your tomato. Lay the tomato on a baking tray and slide it under the broiler. Cook for 4-5 minutes, before adding the bacon to the tray, turning the bacon as necessary, until it is fully cooked through. Shut the door and turn the broiler off to keep everything warm.

Meanwhile, heat the remaining olive oil in a frying pan over a high heat. When it's really, really hot, carefully lay the steak in the pan. Fry for 3-4 minutes on each side for medium rare, then leave it to rest until you are ready to eat.

While the steak is resting throw the mushrooms into the still hot pan and fry for 2-3 minutes then throw in your spinach and cook until wilted.

Crack open the egg into the boiling water, reducing the heat until the water is just 'burping'. Poach the egg for 3-4 minutes, or until the white has set but the yolk is still runny, then carefully lift out with a slotted spoon and drain on paper towels.

Serve up all the ingredients and top off with the poached egg – life is good.