

Prosciutto ham and egg nests

Ingredients

- At least 6 eggs
- 1 small red pepper
- Two spring onions
- Prosciutto ham
- salt and pepper

Method

1. Pre-heat the oven to 180^oc
2. Finely chop some mixed veg e.g. spring onion, red pepper and mushrooms
3. Mix 6 eggs together with some salt and pepper, then add the chopped veg and stir well
4. Line a non-stick/silicone muffin baking tray with strips of prosciutto ham, then pour some of the egg mixture into each section.
5. Bake in the oven for 10 minutes or until golden brown
6. Once cooled, can be stored in the fridge as a cold snack for up to 3 days.

