GLUTEN FREE

Protein Packed Breakfast Muffins

COOK 15 MINUTES | SERVES 6

INGREDIENTS

- 6 Peppercorn Extra Lean Beef Burgers
- 6 gluten-freedom English muffins
- 6 free range eggs
- 1 red onion, sliced into rings
- 120g fresh baby spinach
- Extra virgin olive oil
- Sea salt and cracked pepper

PREPARATION

1. Get started by pre-heating your oven to the grill setting and heating two large frypans over medium heat on the stove with a splash of olive oil in each.
2. In one pan, fry off the beef burgers for 5-6 minutes on each side, or until golden brown and caramelised on the outside and beautifully cooked through.
3. Meanwhile in the other pan, fry your eggs sunny side up, making sure the white part is firm but the yolks are still a little bit runny.
4. Once your beef burgers and eggs are cooked, remove them from the pans, adding a small splash of oil back to each pan. In the beef pan, quickly flash fry the spinach so that it absorbs all of the remaining burger juices, but doesn't wilt down too much, you want it to have some freshness and colour to it.
5. Meanwhile, in the other pan, fry off thered onion until golden brown, softened and caramelised.
6. Stack up your breakfast muffins starting with a bee of the grilled English muffin with a splash of olive oil, a generous helping of spinach, the Peppercorn beef burger, the fried egg and the sautéed red onion. Season with salt and pepper and enjoy. Option is to add a dollop of garlic aioli if you have some.

This recipe was created by Cook with Luke.

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