

Ham & Eggs with wedges , beans & cherry tomatoes (1 Portion)

Ingredients

	<u>Qty</u>
Ham	2 slices
Eggs	2
Jacket Potato	1/2
Beans	135g
Cherry Tomatoes (halved)	2-3

Optional

Vegetable oil

Allergens

This dish contains: **Egg**.

Method

1. Cut potato in half and then cut each half into 6 wedges, (refrigerate the other half of the wedges in a sealed bag or wrap in clingfilm). Place wedges in boiling water and simmer for 2-3 minutes. Drain thoroughly, place on a baking tray, brush with vegetable oil and bake in oven for 20-25 minutes or until cooked.
2. When wedges are almost cooked, heat a tsp of oil in a frying pan and fry 2 eggs. (If no oil is available, you can dry fry or poach in small amount of water).
3. Whilst eggs are cooking, heat the beans as per manufacturer instructions.
4. Serve the eggs on top of the ham and plate the other ingredients (wedges, beans and cherry tomatoes).

Dessert: (contains **milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk

