

HAM BENEDICT

A decadent no guilt breaky!
Adapted from Modern Low Carb

INGREDIENTS

1 egg
hollandaise sauce
ham steak or a few thin ham slices
1 tbsp butter
1 tsp chopped parsley
salt and pepper to taste
pinch of paprika

STEPS

Fill a saucepan about 2-3" with water, enough water so you'll be able to cover eggs completely. Turn heat on high and bring to a low boil.

While the water is boiling, fry ham steaks in butter in a small pan to brown a bit on each side, about 90 seconds per side.

When water comes to a low boil, crack your egg(s) and gently ease them one by one into the pan (I use my perforated spoon to do the job).

Place cover over pan and turn off heat. Allow egg to cook in the pan for 5 minutes. The recipe is best (at least in my opinion) with a runny egg, so you'll want to experiment with times to get you to the desired doneness. I find five minutes to be just about right, especially if I have multiple eggs in the pan, maybe slightly less time for just one egg.

Use the spoon to remove your egg. Drain onto paper towel to remove any excess water.

Place ham steak on plate, add egg and top with hollandaise.

Garnish with chopped parsley, paprika, salt and pepper. Enjoy!