

Egg & Ham with Asparagus & Parmesan

Prep + Cook Time: 10-15 mins Serves: 4



4 eggs, poached, boiled, baked or fried
2 bunches asparagus, lightly steamed or grilled
100g leg ham
50g shaved parmesan
Lemon juice, to taste

- Poach, boil, bake or fry your eggs (if frying use very little oil)
- Steam or grill your asparagus.
- On a plate place $\frac{1}{4}$ of the ham.
- Add $\frac{1}{4}$ of the asparagus spears.
- Top with 1 egg.
- Sprinkle with parmesan.
- Add a little cracked black pepper and a little lemon juice for a flavour kick.

Nutritional Information Per Serve

Calories 161 | KJ's 676 | Carbs 2 | Fat 9 | Protein 17 | Fibre 2
Carbs 5% | Fat 51% | Protein 44%

Comments

This low carb, medium-high protein & low calorie meal is ideal for those looking to reduce body fat. To make it more 'portable' for work combine all ingredients into an omelette.