Bacon and egg cups

Bacon and egg cups are a great dish to serve when you are having guests for brunch or having a lazy Sunday at home. They are also very portable for food on the go.

prep: 0:15 | cook 0:20





ingredients

* 12 slices gluten free bread
* 12 rashers middle bacon, rind removed
* 12 eggs
* cooking spray

method

1. Using a scone cutter, cut out 12 rounds of bread. Spray a muffin tin with cooking spray and place the bread rounds in the bottom of each cup.
2. Preheat oven to 180°C/160°C fan-forced.
3. Remove the eye (big round piece) from each rasher of bacon and place back in the fridge to use for another recipe. Spray a frying pan with cooking spray and lightly fry the bacon rashers on each side until just cooked.
4. Place one rasher inside each muffin cup, lining the edge of the cup and just inside the bread.
5. Crack one egg into each cup so it is sitting on top of the bread and inside the bacon.
6. Place the tray in the oven and bake for 15-20 minutes or until the eggs are set.

Remove from oven and serve immediately.