

Bacon & Eggs Not Just For Breakfast Jar

4 SERVINGS 20 MINUTES



INGREDIENTS

- 8 slices Organic Bacon
- 1 tbsp Coconut Oil (divided)
- 2 cups Mini Potatoes (quartered)
- Sea Salt & Black Pepper (to taste)
- 8 Egg (whisked)
- 1 cup Organic Salsa
- 4 cups Arugula

NUTRITION

Calories	343	Vitamin C	19mg
Fat	20g	Calcium	119mg
Saturated	8g	Iron	3mg
Carbs	19g	Vitamin D	82IU
Fiber	3g	Vitamin B6	0.6mg
Sugar	4g	Folate	82µg
Protein	21g	Vitamin B12	1.1µg
Cholesterol	390mg	Magnesium	53mg
Sodium	970mg	Zinc	2mg
Potassium	798mg	Selenium	41µg
Vitamin A	1322IU		

DIRECTIONS

- 01 Cook the bacon and wrap in paper towel while you prepare the rest.
- 02 Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- 03 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 04 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

NOTES

VEGETARIAN

Replace the bacon with roasted chickpeas or black beans.

LEFTOVERS

Store covered in the fridge up to 4 days.

THE BEST BACON

Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

WANT IT HOT

Prefer your bacon and eggs hot? Simply remove arugula before heating.

CHANGE IT UP

Try swapping: -arugula for spinach, kale or swiss chard. -salsa for grape or cherry tomatoes

