

Bell Pepper Eggs

Ingredients

- 1 bell pepper, sliced into 1cm rings
- 6 eggs
- salt
- black pepper
- 2 tablespoons chives, chopped
- 2 tablespoons parsley, chopped

Method

1. Heat a nonstick skillet over medium heat, and grease lightly with cooking spray.
2. Place a bell pepper ring in the skillet, then sauté for two minutes.
3. Flip the ring, then crack an egg in the middle.
4. Season with salt and pepper, then cook until the egg is cooked to your liking, 2-4 minutes.
5. Repeat with the other eggs, then garnish with chives and parsley.