

# Chilli fried eggs

- Dairy-free
- Gluten-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free
- No added sugar
- Vegetarian

Elevate your eggs-on-toast game with this recipe for sweet and spicy fried eggs. It's a delicious energy boost for any time of the day.

- Serves 1
- Cooktime 5 mins 5 minutes
- Preptime 5 mins

## Ingredients

- 2 tsp vegetable oil
- 1 Coles Australian Free Range Eggs
- Toasted sourdough, to serve
- 1 tsp sambal oelek or chilli sauce
- 1/2 spring onion, thinly sliced
- Soy sauce or kecap manis, to serve
- Baby spinach leaves, to serve

## Nutritional information

Per serve: Energy: 641kJ/153 Cals (7%), Protein: 7g (14%), Fat: 14g (20%), Sat Fat: 2g (8%), Sodium: 177mg (9%), Carb: 2g (1%), Sugar: 1g (1%), Dietary Fibre: 0.3g (1%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

Heat the oil in a small non-stick frying pan over medium heat.

### 2. Step 2

Crack egg into the pan. Cook for 2 mins or until the edges are crisp and the egg is cooked to your liking.

### 3. Step 3

Place the sourdough on a serving plate and top with the egg. Drizzle with sambal olek and sprinkle with onion. Season with pepper. Serve with soy sauce and spinach.