

Fried Egg & Mayonnaise

Calories: 805 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 0.50 cup Baby Spinach (leaves)
- 1.00 tbsp Butter
- 2.00 whole Eggs
- 2.00 tbsp Mayonnaise
- 2.00 g Salt and Pepper (to season)

Instructions

1. Heat butter in a frying pan over medium heat.
2. Crack your eggs straight into the pan. For eggs sunny side up - leave the eggs to fry on one side. For eggs cooked over easy - flip the eggs over after a few minutes and cook for another minute. For hard-boiled yolks, just leave cooking a few more minutes. Season with salt and pepper.
3. Serve with baby spinach, a dollop of mayonnaise.
4. Ultra Lite Mayonnaise:
5. Whisk egg with lemon juice, add in mustard, and gradually add in flaxseed oil.