

Egg & Bacon Pies

Cooking Time 25 minutes (preparation time 10 minutes) Serves 4

Ingredients

- 4 eggs
- 1 sheet puff pastry, frozen and thawed
- 4 rashers bacon
- 4 tablespoons low fat sour cream
- 4 sprigs parsley, chopped
- Pepper to taste
- Oil spray



Method

1. Preheat oven to 200°C.
2. Spray four compartments of a muffin tray with spray oil, cut the pastry into quarters and gently press the pastry into the muffin tin.
3. Place bacon onto a baking tray and cook in the oven for 3 – 4 minutes or until done, place onto a kitchen towel to drain and cool, place bacon into the base of pastry shell.
4. Mix sour cream, parsley and pepper and spoon over bacon.
5. Crack egg over sour cream.
6. Place in the oven and bake for 15 – 20 minutes or until cooked.
7. Remove from oven, carefully remove pastry from tin and serve.