



Boerie with Fried Leggy, Bacon & Tomato



Servings: 4
 Total Time: 45 mins
 Cooking Time: 30 mins



METHOD

On a high heat, fry one side of the bacon in the olive oil & butter. Turn the bacon over & move to the side of the pan.

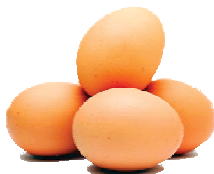
INGREDIENTS

250g bacon (*streaky or back*)
 6 ripe medium tomatoes, *thickly sliced*
 1 tsp barbeque spice
 1 tsp light olive oil or coconut oil
 1 tsp butter

400g boerewors (*thin or thick*)
 ½ tsp light olive oil or coconut oil
 ½ tsp butter
 ½ tsp barbeque spice

4 eggs
 1 Tbsp butter

4 slices of toast, buttered
 peanut butter (*optional*)



Sprinkle the slices of tomato lightly with the barbeque spice and add to the pan, frying on each side for about 5 mins until cooked but firm, and turning the bacon at the same time to avoid overcooking. Turn the heat off once done.

In the meanwhile, fry the boerewors on a high heat in a separate covered frying pan for about 5 mins on each side for medium rare, or longer for medium to well done. Turn the heat off once done.

While the boerewors is cooking, melt the butter in a large frying pan and fry the eggs according to preference.

For each serving, cut 1 slice of toast in half. Spread peanut butter on one of the halves and lay a fried egg on top.

The peanut butter is optional but in the Boys opinion, it is delicious and is their signature *Fried Leggy*.

Lay the bacon and then the tomatoes on top of the second half of the toast. Add a portion of boerewors to the plate and serve.



LCHF
B Use Banting Buttermilk Seed Loaf*
 for toast.



