

YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



HAM & EGG CUPS



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SERVES 4

PREP TIME 15 minutes

A NOTE FROM CHEF KATE

COOKING TIME 15 minutes

“These little breakfast cups are great for special occasions like Father’s Day. You can use either thinly sliced ham or bacon for this recipe. Young Living’s culinary Lemon and Basil essential oils really add a beautiful fresh pop of flavour, too.”

INGREDIENTS

- 4 Eggs
- 2 tbsp. Milk *Rice, almond or dairy*
- ½ tsp. Sea salt, to taste
- Pepper, freshly ground, to taste
- 2 drops Young Living Lemon essential oil, to taste
- 2 drops. Young Living Basil essential oil, to taste
- 1 tbsp. Butter or coconut oil *For cooking*
- 6-8 Slices of ham or bacon, thinly sliced
- 1 cup Cheese, grated *Mozzarella or cheddar*
- Parsley and rocket leaves *For serving*

METHOD

1. Preheat the oven to 180 degrees. Mix eggs, milk sea salt, pepper, Lemon and Basil essential oils in a bowl and set aside.
2. Line 4 muffin tin holes or 4 medium ramekins with baking paper, then lay the ham or bacon, overlapping a little, to form a cup to rest the eggs in for baking.
3. Place the muffin tins or ramekins in the oven and bake for 10 minutes (or a little longer for the bacon if required), then remove and set aside.
4. In a medium-large non-stick sauté pan heat the butter over medium high heat.
5. Add the egg mixture and cook while stirring and scrapping down the sides of the pan for about 3-5 minutes until the eggs are just cooked.
6. When the eggs are done, carefully place an equal amount of scrambled eggs in each prepared cup and sprinkle with cheese.
7. Place in the oven and continue baking for approximately 10 minutes or until the cheese is melted. Remove from oven and serve with a few parsley leaves and rocket.

NOTE: For a vegetarian option, use thin slices of zucchini cooked in butter or olive oil until just tender (1-2 minutes) before lining the muffin tins or ramekins.

TIP: You’ll want to prep everything before you start cooking the eggs. You need enough ham or bacon slices to line 4 muffin tins overlapping to form a little cup to hold the eggs.

