**Paleo Egg Breakfast**

This is a healthy and nutritious alternative to the great British fry up

and provides a perfect way to start your day.

Serves 1

**Ingredients**

1 flat mushroom

1 egg

3 broccoli florets

3 asparagus spears

**Instructions**

Cook the flat mushroom in coconut oil/Kerrygold butter and maintain on a low heat to keep warm.

At the same time, steam the broccoli and asparagus spears in a steamer until “al dente”

Meanwhile cook the egg as desired (poached, fried or scrambled).

When all ingredients are ready, serve the egg on top of the flat mushroom with the broccoli and asparagus tips on the side.