

Christmas Ham and Egg Muffins

Picture this. It's Boxing Day. You wake up to a fridge full of leftovers. Exhausted from a full day of Christmas cooking and entertaining, you can't be bothered with anything too laborious. That's where this recipe comes in. Start your day with these 5-minute, Christmas Ham and Egg Muffins. Created by SBS Food Editor, Camellia Ling Aebischer, this sustainable recipe repurposes your leftovers to create an easy breakfast or brunch meal that everyone can enjoy. Find out how it's made below.



Prep: 5 min

Cooking: 5 min

Serves: 4

Makes: 4

Ingredients

- 4 slices Christmas ham
- 4 eggs
- 4 English muffins
- 4 slices cheese

Method

1. Place a non-stick frypan over medium heat. Add a little butter or oil, and place the ham in the pan. Fry until browned on each side, about a minute or two.
2. Remove from the pan and set aside. Fry four eggs sunny-side up, or however you prefer.
3. Meanwhile, toast the muffins.
4. To serve, place a slice of cheese on each muffin and add the egg, ham, and muffin on top. If you prefer, add a squeeze of tomato, barbecue or chilli sauce to the sandwich.

Notes

- If you are wanting to make these ham and egg muffins in bulk, we have these wholesale egg products to make it easier for you to have less prep:
 - Fresh pasteurised whole egg
 - Frozen pasteurised whole egg

Australian Eggs