

# Bacon and egg breakfast jar

Here is a way to use a mason jar to transport a delicious recipe

2 servings (so you can share with a friend!)

## Ingredients

4 slices	Bacon
7 ml	Coconut oil
150g	New potatoes
pinch	salt and pepper
140g	Tomato salsa
40g	Rocket

## Method

- Cook the bacon and wrap in paper towel while you prepare the rest.
- Add half the coconut oil to a frying pan and heat over medium.
- Add the diced potato and cover with a lid.
- Saute periodically until browned (about 10 minutes).
- Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- Add the remaining coconut oil ( add butter if preferable) to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs).
- Transfer to a dish and set aside.
- Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size).
- Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon.
- Finish off with a layer of rocket and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!