



FRIED EGG SANDWICHES

INGREDIENTS:

500 g dark rye pumpernickel
1 Z Gruntu Dobre nigella hummus / Z Gruntu Dobre courgette paste with dried tomatoes / Z Gruntu Dobre chickpeas paste
frying oil
10 quail eggs
sprouts of your choice
salt and pepper

PREPARATION:

1. Slice each pumpernickel slice into 4 pieces.
2. Heat the pan and turn off the gas. Crack in the eggs and fry until they are set.
3. Spread the pumpernickel slices with the Z Gruntu Dobre paste/hummus. Sprinkle sprouts on each slice. Place fried eggs on top of the whole. Season with salt and pepper.
4. Garnish with sprouts.