



INGREDIENTS

- 12 Slices (½ ounce each) Ham, Mild Cured, Ready-to-cook, chilled or frozen
- 12 Eggs
- 2 Tablespoons Unsalted butter
- ¼ Cup Spring Onion (chopped)
- 1 Teaspoon Black Pepper
- Salt (to taste)

DIRECTIONS

1. Heat butter in a pan over medium heat. Once melted, add in ham. Cook, flipping once for even cooking.
2. Crack eggs onto the ham without breaking the yolks. Reduce heat and cook until the eggs firm up, keeping the yolks slightly runny, about 5-8 minutes.
3. Season with salt and ground black pepper.
4. Transfer the Hemenex to a plate and garnish with spring onion.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Hemenex Slices

PORTION SIZES

Toddler: ½ Hemenex Slice
Preschool: ½ Hemenex Slice
School Age: ½ Hemenex Slice
Adult: 1 Hemenex Slice