



Garlic Fried Eggs

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Total time: 15 min

Prep time: 5 min

Ingredients:

1 bulb of Mystic Garlic,
1/4 cup extra virgin olive oil,
pinch red pepper flakes,
4 eggs,
salt, pepper.

Directions

Peel garlic, then smash with side of knife, chop through the garlic a bit. Add olive oil, garlic and pepper flakes to non stick pan, heat on medium low for 1 minute. Break 4 eggs into the pan, top with salt and pepper, cover with lid for 5 minutes or desired doneness.

Comments

I like using a glass lid so I can monitor my eggs more easily.