



Survival Food: ham and egg toast

NIBBLEDISH CONTRIBUTOR

Ingredients

- Ham
- Egg
- Toast
- Shredded Cheese pack
- Ketchup
- Mayo (optional)

Instructions

Another quick and dirty dish (not that dirty).

This is the survival food I made when I was traveling in Japan on a budget with my cousin. Very simple to make, everything were from 100 yen store (like 99 cents store for the rest of us).

1. Pan fried the egg and ham, or leave the ham out if u like the cold meat taste. If you are okay with raw yolk, definately cook the egg with sunny side up style.
2. Put together in this order toast -> egg -> ham or toast -> ham -> egg if ham's bigger.
3. Squeeze ketchup and mayo on top of it (hopefully you have those tube type), and put it into oven and bake at 250 for about 10 min or until the top part is darken a little bit.
4. Pop the yolk before you eat! 1 serving probably only costed like 60 yen or

roughly 60 cents.

You can of course substitute or add bacon to it if you feel luxurious.