

THE

CrossFit

KITCHEN



### BACON-CRUSTED BREAKFAST PIZZA WITH BROCCOLI

By Nick Massie

#### Overview

Nick Massie of [PaleoNick.com](http://PaleoNick.com) is the instructor for the newest CrossFit Specialty Course: [Culinary Ninja](#). In this unique pizza recipe, he brings together eggs, crispy bacon and roasted broccoli to create a satisfying and balanced breakfast.

#### Ingredients for Pizza

- 12 slices of bacon
- 12 eggs
- Freshly ground black pepper, to taste

#### Directions for Pizza

1. Place a 14-inch nonstick pan or cast-iron skillet over medium-high heat. Add bacon to cover the bottom of the pan, overfilling a little because the bacon will shrink.
2. Allow the bacon to cook through on the first side before flipping. You are only going to flip it once, so let it crisp up nicely, then flip.
3. The next step is to remove most of the rendered fat from the pan. Do this by tilting the pan to the side and spooning the fat into a small stainless-steel bowl.
4. Crack 12 eggs over the "bacon crust," doing your best to keep the yolks intact. The pan should be hot enough so that the whites begin to set immediately. From that point, you are simply managing the heat and seasoning the top with black pepper. You want to achieve a crisp crust all along the bottom, but you don't want to burn it. Manage the heat so all the egg whites are set just as the crust is crispy and crunchy.
5. Once the whites are set, use a rubber spatula to loosen the crisp under crust completely. The pizza should now move freely when you shake the pan back and forth. Use the spatula to slide the pizza out of the pan onto a cutting board. Use a chef's knife to cut the pizza into eight slices.
6. Place two slices on a plate with a side of roasted broccoli.

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#### Ingredients for Broccoli

- 3 heads of broccoli, cut into large florets
- 4 tbsp. Paleo Grind Veggie Victory
- Olive oil, as needed

#### Directions for Broccoli

1. Preheat your oven to 400 F.
2. Place broccoli florets into a large mixing bowl. Add Veggie Victory and olive oil and toss to coat.
3. Line a sheet pan with foil and spread broccoli onto pan. Drizzle with olive oil once again.
4. Place the sheet pan in the oven and roast until the broccoli becomes well caramelized, approximately 25 minutes.
5. Remove from oven and serve with bacon-crust breakfast pizza.