

Swansea breakfast



This recipe can be served as a light snack anytime of the day but serve on thick toast for a delicious and healthy breakfast! It combines local seafood from the Gower including Penclawdd cockles and laverbread, a type of seaweed which is collected along the coastline.

Serves 4 | **Prep** 5 minutes | **Cook** 15 minutes

Ingredients

1 large onion finely chopped
1 tablespoon vegetable oil
4 slices of back bacon, chopped
100g cooked Penclawdd cockles
120g laverbread
black pepper
lemon juice

Method

- 01 Heat a large frying pan, add the oil and cook the onion for 3-4 minutes.
- 02 Add the bacon and cook until crisp.
- 03 Add the cockles and mix in the laverbread. Heat thoroughly and season with black pepper and the juice of a lemon.