

Ready Egggy Bake

Gluten free
Vegetarian



Serves

4-6

Cooking time



Veg per serve



4.5



To feed more people, use the whole carton of eggs!



Ingredients

- | | |
|----------------------------|--|
| 1 red onion | 420g can baked beans |
| 3 cloves garlic | 2 cups baby spinach |
| 1 capsicum | 1 tbsp salt-reduced vegetable stock powder |
| 2 tbsp olive oil | 8 large eggs |
| 2 tsp ground coriander | ½ lemon |
| 2 tsp paprika | 100g fat-reduced feta |
| 2 tsp ground cumin | |
| 2x 400g can diced tomatoes | |

Equipment

- Chopping board
- Knife
- Spoon measures
- Frypan and lid
- Large spoon
- Can opener
- Cup measures

Tasty learning for life



How to make it



1. Peel and dice onion. Chop garlic into small pieces. Slice capsicum into thin strips.



2. Add oil to frypan and turn onto a medium heat. Add onion, garlic and capsicum and cook for 2 minutes. Add 2 tsp each of ground coriander, paprika and cumin and stir for 1 minute.



3. Add diced tomatoes, baked beans, spinach and 1 tbsp of vegetable stock. Cook on medium heat, uncovered, for another 10 minutes, stirring several times.



4. Using a spoon, make 8 holes in the tomato mixture. Gently crack an egg into each hole.



5. Reduce the heat to low, place lid on to the frypan, and cook for 8 minutes until the eggs are just cooked (yolks soft or runny). Squeeze lemon juice over the dish, crumble feta on top, and serve.



nom!