

Spicy Tomato Baked Eggs

Serves 2

Time – 25-30 Mins

Ingredients:

- 1 Tbsp Olive Oil
- 2 Red onions, peeled and chopped.
- 1 Red Chilli, Deseeded and finely chopped.
- 1 Garlic Clove Sliced
- 1 small bunch of coriander, leaves and stalk chopped seperately.
- 2 400g cans of cherry tomatoes or use fresh.
- 1 tsp Caster sugar
- 4 Free Range Eggs

Method:

Heat the oil in a frying pan that has a lid, then soften the onions, chilli, garlic and coriander stalks for 5 mins until soft. Stir in the tomatoes and sugar, then bubble for 8-10 mins until thick. Can be frozen for 1 month.

Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with crusty bread.