

aubergine & tomato baked eggs

cracking meals
under £1 per portion



Preparation: 10 mins

Cooking: 35-40 mins

Serves 4

1 aubergine, washed and trimmed

1 red pepper, deseeded and diced

1 red onion, sliced

1 clove garlic, crushed

30ml/2 tbsp olive oil

1 (400g) can chopped tomatoes

30ml/2 tbsp pesto sauce

4 large British Lion eggs

Salt and ground black pepper

50g/2oz Cheddar cheese, grated

1. Preheat the oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Cut the aubergine and peppers into even sized chunks and place in an ovenproof dish. Add the onion, garlic, oil and seasoning and toss to mix. Bake for 20 mins.

2. Remove the dish from the oven and stir in the tomatoes and pesto. Divide the mixture between four individual dishes, two medium dishes or leave it in the large ovenproof dish. Make four hollows in the vegetable mixture, then crack an egg into each. Sprinkle over the cheese and cover the dish with foil. Bake for 15-20 mins or until the eggs are cooked to your liking. Serve with crusty bread.

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