

sweet potato & pepper bake

cracking meals
under £1 per portion



Preparation: 10 mins

Cooking: 40 mins

Serves 4

450g/1lb sweet potatoes, peeled

1 red onion, cut into wedges

1 red pepper deseeded and cut into chunks

30ml/2 tbs olive oil

Salt and freshly ground black pepper

6 large British Lion eggs

50g/2oz Cheddar cheese, grated

1. Preheat the oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Cut the potatoes into evenly sized wedges. Place in a large ovenproof dish, drizzle over the oil, season with salt and pepper, then toss to mix. Bake in the oven for 10 mins. Stir in the peppers and onions and bake for a further 15 mins until all the vegetables are tender and lightly charred.

2. Beat the eggs with a little seasoning then pour over the vegetables. Sprinkle over the cheese and return to the oven. Bake for a further 15 mins or until the egg has set. Serve in wedges with salad or vegetables.

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