

Spicy Italian Eggs



Scan for
recipes



Serves: 1
Rating: Easy
Time: 20 mins

You will need:

- Grater
- Knife
- Cup (to break eggs into if needed)
- Spatula or wooden spoon
- Frying pan with lid

Ingredients

- 1½ tbsp vegetable oil
- 1 garlic clove, peeled and finely chopped
- ½ tsp dried chilli flakes
- 1 x 400 g can chopped tomatoes
- ½ tsp salt
- 1 or 2 eggs, depending on appetite
- 2 tsp grated cheese
- 2 slices bread, or a bun, toasted if possible

| Nutrients per serving | |
|-----------------------|-----|
| Calories | 520 |
| Fats | 23g |
| of which Saturates | 7g |
| Sugars | 19g |
| Carbohydrates | 53g |
| Protein | 29g |
| Salt | 2g |

Method

1



Heat the oil in a frying pan over a medium heat. Add the garlic and chilli flakes and stir for about a minute; don't let the garlic burn. Add the tomatoes and salt and stir. Heat the mixture until it starts to bubble - it's got to be hot enough to poach an egg in.

2

Break the eggs and tip on to the tomato mixture one at a time. Break them into a cup/bowl first if that is easier. Sprinkle the cheese over the egg and tomato - leave some of the yolk exposed - and partially cover pan with a lid



3



Leave it to bubble for about 5 minutes, by which time the white should be set and the yolk will still runny, but keep an eye on it; cook for longer if you prefer the yolk to be solid. Remove from the heat. Spoon the mix over slices of bread or a bun; lift the eggs out carefully so they don't break.

Top Tip

When serving, sprinkle some more cheese and chilli flakes on top if you wish.