

Mediterranean baked eggs



- 1 tsp ghee or coconut oil
- ½ a red onion, finely chopped
- ½ a red bell-pepper, finely sliced
- ½ a yellow bell-pepper, finely sliced
- 4 garlic cloves, finely chopped
- 400g tinned chopped tomatoes
- ½ tsp paprika
- ½ tsp oregano
- ¾ tsp dried basil (or use fresh chopped basil)
- pinch of sea salt
- 3 eggs
- 20g Cheddar cheese, grated (or use dairy free cheese)

SERVES 2



PER SERVING:
254 Calories
16g Carbs
16g Protein
14g Fat

Preheat oven to 200°C / 400°F.

Melt the ghee / oil in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes, stirring occasionally.

Add the red and yellow pepper and sauté for 2-3 minutes, stirring occasionally until soft.

Add the garlic and fry gently for 2 minutes, stirring.

Add the tomatoes, herbs and salt. Stir well and cook for 2 minutes.

Transfer the contents of the pan to a medium sized ovenproof dish. Make 3 small wells in the mixture and carefully crack an egg into each.

Sprinkle over the grated cheese.

Bake for 25-35 minutes, until the eggs are firm. Serve.

Consume immediately.

