

Baked Eggs with Broccoli



Serves 4 Prep 10 mins

Cooking 30 mins

Easy

Ingredients

1 tbsp olive oil

1 large onion, finely sliced

400g can chopped tomatoes

200g long-stemmed broccoli

4 free-range eggs

1 clove of garlic, chopped (optional)

150g smoked mackerel or bacon, chorizo, salami or smoked salmon

1. Heat the oven to 180C/ 160C Fan/gas 4. Heat the oil in a non-stick ovenproof frying pan and fry the onion for 10 mins until softened. Add the garlic, fry for 30 seconds more, then add the tomatoes. Season and bubble for 10 mins.
2. Bring a small pan of water to the boil. Cook the broccoli for 2-3 mins. Drain, rinse under cold running water and chop into small pieces, then add to the pan with the tomato mixture. If you're adding any meat or fish, stir these in now (you may want to crisp up any bacon or chorizo in a separate pan first).
3. Make four little gaps in the mix using the back of a wooden spoon and crack an egg into each. Transfer the pan to the oven and bake for 8-10 mins until the egg whites are set but the yolks are still soft.