

Spanish Baked Eggs

Feeds 2

Ingredients

- 1 x 400g tin of chopped tomatoes.
- 1 red onion, sliced.
- 1 red chilli, sliced (seeds in or out).
- 1 red pepper, diced.
- 1 garlic clove, sliced.
- 1 teaspoon of smoked paprika.
- 1 teaspoon of ground cumin.
- 1 teaspoon of dry oregano.
- 1 teaspoon of dark brown soft sugar.
- Salt and pepper.
- 4 free range eggs.
- Fresh parsley, roughly chopped.

Method

Step 1:

Start by pre heating your oven to 200°C, gas mark 6. Set an oven proof pan over a medium heat with a splash of olive oil and add your onions, chillies, peppers and garlic. You want to fry these for around 5 minutes or until they just starting to soften but without colouring to much.

Step 2:

Next to go in the pan is the paprika and cumin, followed by the oregano. Continue cooking for a couple more minutes before adding the tinned tomatoes along with the sugar and season with salt and pepper. With the empty tin fill it a quarter of the way with hot water, give it a good swirl and add it to the pan. Give everything a good stir, turn up the heat and continue cooking for a further 10-12 minutes, so that the sauce comes together. You will know when the sauce is ready when you make a well in the sauce and it holds for a moment.

Step 3:

Once the sauce is ready make 4 wells and crack an egg in each one. Then place the pan in the oven for around 5 minutes depending on your oven. You want the whites set but you're are left with runny yolks.

Step 4:

Once out of the oven sprinkle the parsley over the top, add a drizzle of olive oil and serve immediately with some grilled bread which has been rubbed with a garlic clove.



Recipe by Family Home Cook
www.familyhomecook.co.uk