

Spanish Baked Eggs

Spice up your breakfast or lunch with this Spanish baked eggs.

Growing up my dad would make for breakfast a super spicy tomato sauce using loads of Birdseye chillis. Top it with a couple of fried eggs and fresh baguette for dipping into runny golden egg yolks.

This is my interpretation of it but instead of having it with fried eggs I cook the eggs in the sauce.



Serves: 2

Prep Time: 15 minutes

Rest/Marinate Time: 0

Cooking Time: 30 minutes

Ingredients

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



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Method

- Start by pre heating your oven to 200°C . Set an oven proof frying pan over a low heat with a splash of olive oil and add your onions, chillies, peppers and garlic. You want to fry these for around 10 minutes or until they just start to soften but without colouring too much.
- 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 10-15 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.
- 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 and the size of the eggs. You want the whites set but left with runny yolks so keep an eye on it as you don't want to over do the eggs.
- Once out of the oven sprinkle the parsley over the top, add a drizzle of olive oil and red wine vinegar and serve immediately with some grilled bread which has been rubbed with a garlic clove.