

# Baked Eggs with Spinach & Tomato

## Ingredients

- 100g bag spinach
- 400g can chopped tomatoes
- 1tsp chilli flakes
- 4 eggs



## Method

1. Heat oven to 200C/180C fan/gas 6.
2. Put the spinach into a colander then pour over a kettle of boiling water to wilt the leaves. Squeeze out excess water and divide between 4 small ovenproof dishes.
3. Mix the tomatoes with the chilli flakes and some seasoning then add to the dishes with the spinach. Make a small well in the centre of each and crack in an egg.
4. Bake for 12-15 mins or more depending on how you like your eggs. Serve with crusty bread, if you like.

## Notes

Serves 4

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
114	7g	2g	3g	2g	2g	9g	0,43g