

Healthy egg & chips

Ingredients

- 500g (125g) potato, diced
- 2 (1) shallots, sliced
- 1 (½) tbsp olive oil
- 2 (½) tsp dried crushed oregano or 1 tsp fresh leaves
- 200g (50g) small mushroom
- 4 (1) eggs



Method

1. Heat oven to 200C/fan 180C/gas 6. Tip the potatoes and shallots into a large, non-stick roasting tin, drizzle with the oil, sprinkle over the oregano, then mix everything together well.
2. Bake for 40-45 mins (or until starting to go brown), add the mushrooms, then cook for a further 10 mins until the potatoes are browned and tender.
3. Make four gaps in the vegetables and crack an egg into each space. Return to the oven for 3-4 mins or until the eggs are cooked to your liking.

Notes

One that dads will love! This any-time meal is perfect with a helping of baked beans.

kcal

218

fat

10g

saturates

2g

carbs

22g

sugars

1g

fibre

2g

protein

11g

salt

0.24g

Prep: 10 mins

Cook: 1 hr

Easy

Serves 4