

Chilli Baked Eggs

Preparation time: 10 mins
Serves: 4 people
User Rating: ★★★★★

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Ingredients

- 4 large eggs
- 4 tablespoons smooth ricotta
- 1 teaspoon fresh chilli, sliced
- 1 tablespoon chopped fresh herbs (such as parsley or coriander)
- Sourdough toast, for serving
- Pepper to taste
- Oil spray

Method

1. Heat oven to 200°C. Spray 4 oven-safe ramekins with oil.
2. In each ramekin, place 1 tablespoon smooth ricotta. Crack 1 egg into each ramekin; season with pepper. Bake until the whites are set, about 10 minutes.
3. Top with the fresh chili and herbs. Serve with sourdough toast.

Notes

For less spice, omit the chilli for an added dash of herbs.

You can also swap out sourdough for your favourite wholegrain toast.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
204g	2050kJ 490kcal	23.5g	12.4g	3.6g	68.7g	7.2g
Sodium	Fibre					
948mg	3.2g					

All nutrition values are per serve.