

Easy Chilli Baked Eggs



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Vegetarian



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)	Sodium	Fibre
204g	2050kj 490kcal	23.5g	12.4g	3.6g	68.7g	7.2g	948mg	3.2g

All nutrition values are per serve.