

# EGG BAKE

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Time: 45 mins

4 people

Categories: Breakfast Recipes

Baked

Occasions: Breakfast



## INGREDIENTS

- 250g cherry tomatoes (1 punnet)
- 2 bunches fresh asparagus, cut into short pieces and lightly steamed
- 1 cup basil leaves, torn
- 8 eggs
- 1 1/3 cups low fat yogurt
- 1/3 cup low fat milk
- Freshly ground black pepper
- 1 tbsp plain flour
- 1/4 cup grated Parmesan cheese

## METHOD

1. Preheat the oven to 220°C.
2. Divide the cherry tomatoes, asparagus and basil leaves into 4 individual greased, ovenproof dishes (14cm diameter).
3. Whisk the eggs, yogurt, milk and pepper together. Add the flour and beat the mixture until smooth.
4. Pour the egg mixture over the vegetables in the ovenproof dishes and sprinkle with Parmesan cheese.
5. Bake for 30 minutes and serve.

## NOTES

When making hard-boiled eggs it is actually better to use slightly less-fresh eggs. The white of very fresh eggs will stick to the shell.