

Fully Loaded One Pan Eggs



Preparation time:	30 mins
Serves:	4 people
User Rating:	★★★★☆

Publication: 22 January 2018
Categories: Breakfast Recipes, Lunch Recipes, Vegetarian

For when you don't feel like washing up, we have you covered with our delicious one pan recipes, like this Fully Loaded One Pan Eggs. packed with veggies and some spice for a kick, you'll be making this one again and again for the family.



Ingredients

- ½ small sweet potato, grated with skin on
- ½ red capsicum, grated
- 1 x 400g can crushed tomatoes
- 1 x 400g can kidney beans, rinsed and drained
- Eggs, as many as each person would like
- 2 generous cups of spinach
- ½ cayenne pepper (optional)
- 1 tbsp smoked paprika
- Salt and pepper to taste

- 2 tbsp sunflower seeds, toasted
- 1 tbsp pine nuts, toasted
- Feta cheese, crumbled to garnish

Method

1. Place sweet potato and capsicum in a non-stick fry pan. Sauté for 3-4 minutes until beginning to soften. Add tomatoes, beans, paprika, and cayenne. Simmer for 10 minutes stirring occasionally.
2. Add spinach and combine well. The spinach will wilt as your eggs cook in the next step.
3. Make a well in the tomato mixture for each egg you'd like to cook. Crack eggs into wells and cover, cook on a low heat for 10-12 minutes until whites are just set.
4. Sprinkle over fetta, seeds and nuts, season if you like, then serve!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
361g	1590kj 380kcal	25.1g	18.2g	7.5g	23.1g	9g	940mg	11g
Vitamin D								
3.4µg								

All nutrition values are per serve.