

FULLY LOADED ONE PAN EGGS

Published: 22 January 2018

Categories: Lunch Recipes, Breakfast Recipes

Diets: Vegetarian



Preparation: **30** mins

Serves: **4** people

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 tbs smoked paprika
- Salt and pepper to taste
- 2 tbs sunflower seeds, toasted
- 1 tbs 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 feta, seeds and nuts, season if you like, then serve!