

# One-Pan Sweet Potato and Egg Bake



Preparation time: 30 mins

Serves: 2 people

User Rating: ★★★★★

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### Ingredients

- 1 small-medium sweet potato, skin on, scrubbed and diced
- ½ red onion, sliced
- 2 tbs extra virgin olive oil
- 1 tsp smoked paprika
- Salt and pepper to taste
- Eggs, as many as you like

### Method

1. Place oil, onion and sweet potato into a frypan.
2. Saute on low for 20 minutes or until sweet potato is tender.
3. Add paprika and saute for a further minute until fragrant.
4. Make a small well in the sweet potatoes and crack your egg in place.
5. Cook until the eggs are to your liking.
6. Serve straight away with some toast if you like.

### Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>157g</b>	<b>1010kJ</b> <b>241kcal</b>	<b>8.5g</b>	<b>18g</b>	<b>3.3g</b>	<b>10.2g</b>	<b>5.3g</b>	<b>146mg</b>	<b>3.1g</b>

All nutrition values are per serve.