

VEGETABLE BAKED EGGS

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Baked

Occasions: Dinner, Lunch



Preparation: 45 mins
Serves: 4 people

INGREDIENTS

- 2/3 cup chicken (or vegetable) stock
- 1/2 cup couscous
- 2 tsp extra virgin olive oil
- 1 tbs chopped chives
- 1 tbs chopped basil
- 4 large tomatoes (about 250g each)
- 4 eggs

METHOD

Preheat the oven to 180C. Place the chicken stock into a small saucepan, cover and bring to the boil. Add the couscous, stir once. Turn off the heat and stand, tightly covered, for 5 minutes. Drizzle with the oil and fluff up the grains with a fork. Stir in the herbs and season with freshly ground black pepper. Cut the tops from the tomatoes, and scoop out the seeds and core. Pat the

insides dry with paper towels. Divide half the couscous evenly between the tomatoes, and place onto a baking tray. Carefully break an egg into each one, and bake for 20 minutes, until set. Serve immediately, with the remaining couscous on the side.

NOTES

try this dish with medium sized capsicums instead of tomatoes.