

One-Pan Egg & Veg Bake



Effort: Low

Time: 25-mins

Cost per Serving: £0.80

Serves: 4

Vegetarian



**Get Lippy
Over Brunch**

One-Pan Egg & Veg Bake

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 150 grams cherry tomatoes, halved
- 70 grams mushrooms, sliced
- 4 eggs
- Salt and pepper, to taste
- 2 tbsp chopped fresh parsley or coriander
- 50 grams grated cheese (cheddar, mozzarella, or your choice)

Method

1. Heat olive oil in a large pan over medium heat.
2. Add diced onions and bell peppers to the pan. Fry until softened, about 3-4 minutes.
3. Add minced garlic and cook for another 1-2 minutes until fragrant.
4. Stir in sliced mushrooms and cherry tomatoes. Cook for 3-4 minutes until the mushrooms are tender and tomatoes start to soften.
5. Make 4 small wells in the vegetable mixture using a spoon. Crack an egg into each well.
6. Season the eggs with salt and pepper to taste.
7. Cover the pan with a lid and cook until the eggs are cooked to your desired doneness, about 5-7 minutes for runny yolks or longer for firmer yolks.
8. Once the eggs are cooked, sprinkle grated cheese over the top. Cover and let it melt for a minute.
9. Garnish with chopped parsley or coriander if desired.
10. Serve hot directly from the pan, either as is or with toasted bread or tortillas on the side.