



Recipe name:

Baked green eggs with yellow piquanté peppers

Recipe description:

Packed with vitamin C and iron, this green egggy breakfast will supercharge your day. The fragrant basil pesto and sweet spicy Yellow Piquanté Peppers add just the right amount of flavoursome punch. This dish is a great sharing breakfast or brunch providing energy from protein and fat, and a few of your 5 a day.

Prep Time

10 minutes

Cook Time

20 minutes

Serves:

4-6

Made with:

PEPPADEW® Yellow Piquanté Peppers

Course:

Brunch / Lunch

Occasion:

One Pot

Ingredients:

- 1200g baby spinach roughly chopped
- 1 tsp black pepper
- 1 tsp mustard seeds

- 1 tsp fennel seeds
- 1 tsp coriander seeds.
- 1 Jar PEPPADEW™ Yellow Piquanté Peppers
- 6 tbsp fresh pesto
- Handful basil
- 200g crème fraîche
- 150g Feta
- 4-6 medium eggs

Method:

1. Heat oven to 200C/180C fan/gas 6. Prepare one large or two small oven-proof dishes.
2. Add the mixed herbs and seasoning to a pan on a medium heat. Heat until lightly toasted.
3. Add the spinach to the pan and allow the spinach to wilt a little.
4. Slice half the Yellow Piquanté peppers and basil leaves.
5. Remove the pan from the heat and add the sliced yellow peppers and chopped basil to the wilted spinach, stir until combined.
6. Add the crème fraîche to the wilted spinach, and gently stir in.
7. Make 4 – 6 shallow hollows in the mixture and break an egg into each hollow.
8. Add a few whole Yellow Piquanté Peppers to the top of the dish, add a few drops of pesto, and some basil leaves and finally sprinkle the top with the feta cheese.
9. Bake in the oven for 15 – 20 minutes until the egg whites are set and the yolks are still runny.
10. Complete the dish by adding any remaining sliced yellow peppers.

Serving Suggestion:

This dish is great served warm with wholemeal bread.