



rootmatters

Recipe

Easy Dish-Baked Eggs

Super versatile and quick dish to make!



SERVINGS: 2
PREP TIME: 5 mins
COOKING TIME: 8-10 mins

METHOD

1. Heat oven to a high heat of 250C / 480F. Grease an iron cast skillet, appropriate size oven dish or square ramekins with grass fed butter or olive oil.
2. Prepare chosen toppings and fillings and gently spread out in the prepared dish/es.
3. Crack two eggs over one portion of filling, season with salt and pepper.
4. Bake in the hot oven for 8-10 minutes until the whites have turned opaque and yolks are not fully set.
5. Serve immediately with toast, salads and / or greens.

TIPS

*Keep the ingredients simple, and don't try and put too much in, otherwise it won't cook as quickly or evenly.
* Use any ingredient that can cook quickly in about 8 minutes in a hot oven.

INGREDIENTS

Base Ingredients:

Knob of Grass-Fed Butter or a dash of Olive Oil
4 Organic Free Range Eggs
Salt and Pepper

Toppings / Fillings (can partner 2 or 3 ingredients together):

20g Baby Spinach or Rocket, torn
75g Nitrate-free quality Prosciutto, Parma or good quality Ham, torn

70g Fresh Vine Tomatoes, chopped, or Cherry tomatoes, halved
1-2 sprigs Fresh Basil, torn
4 Olives, sliced

50g Smoked Salmon, torn
2 Chives, finely chopped
10g Feta Cheese, crumbled

50g Chestnut Mushrooms, sliced thinly
Few drops of Truffle Oil
Sprig of Tarragon or Dill, torn

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Integrative Nutrition Health Coach
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