



# Baked eggs and vegetables

Prep: 10 minutes • Cook: 15 minutes • Serves: 2



## Ingredients

1 teaspoon vegetable oil  
4 eggs, whisked  
Black pepper  
½ teaspoon dried mixed herbs or chilli flakes  
250g mixed frozen vegetables, defrosted and drained  
30g cheddar cheese, grated

## To serve

4 slices bread  
20g unsalted butter

- 1** Preheat the oven to 180°C. Oil a small oven-proof frying pan or small baking dish. Whisk some black pepper and the mixed herbs or chilli flakes into the eggs. Pour the eggs into the pan.
- 2** Pour the vegetables into the egg mixture and stir in.
- 3** Scatter the cheese over the top and bake for 12-15 minutes or until lightly golden.
- 4** Remove from the oven and let it sit on side for a few minutes. Toast the bread and spread with butter, serve.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low protein ✗  
Low salt ✗  
Low fat ✗

Cost per portion (October 2022) **42p**

Carbohydrate **42g**

Energy in kcals **501**