

Spiced eggs, spinach & tomatoes with melon

(Serves 2)

Ingredients

- 1 tsp Oil, olive, napolini
- 1 Garlic clove, finely chopped
- 1/8 tsp Salt, reduced sodium
- 200g Spinach leaves, fresh
- 80g Tomatoes, cherry, whole
- 1 x 400g tin Tomatoes, chopped tinned, napolini
- 1/2 tsp Chilli flakes, dried
- 1/2 tsp Cumin, ground
- 1 tsp Oregano, dried
- Few leaves Basil, fresh
- 4 Eggs, medium
- 1/8 tsp Black pepper
- 160g Melon, sliced (any)

Preparation

1. Heat oil gently in a deep base lidded-frying pan.
2. Add garlic & salt & cook for 30 seconds.
3. Add spinach & cook until wilted.
4. Mix in cherry tomatoes, tinned tomatoes, chilli flakes, cumin, oregano & basil.
5. Cover & simmer for 5-10 minutes until thickened.
6. Push mixture to sides of pan.
7. Break eggs into centre of pan.
8. Cover & simmer for 5-10 minutes until eggs cooked to taste.
9. Season with black pepper. Dress with a few basil leaves. Serve with melon on side.

TOP TIP: This dish does give quite a spice. If you prefer less spice, omit or reduce the amount of chilli flakes.

NUTRITIONAL VALUES PER SERVING

Calories 343
Total Sugars 16.73g
Total Fats 11.52g
Saturated Fats 3.32g
Salt 0.96g
Fruit & Veg 4