THE LIGHTER PLATE METHOD

Spinach & Feta Baked Eggs

Eggs baked into wilted greens with salty pockets of feta and blistered tomato.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**15 min**	**20 min**	**2**	**MEDIUM**

Ingredients

- 4 eggs
- 150 g baby spinach
- 80 g feta
- 200 g cherry tomatoes (halved)
- 2 cloves garlic (sliced)
- 1 tbsp olive oil

Method

1. Heat the oven to 200°C / 180°C fan. Warm the oil in an ovenproof frying pan over a medium heat.
2. Add the garlic and cherry tomatoes and cook for 4 minutes, pressing the tomatoes gently until they start to collapse.
3. Add the spinach a handful at a time, stirring until wilted. Season.
4. Make four dips in the mixture and crack an egg into each. Crumble the feta over the top.
5. Bake for 8–10 minutes, until the whites are set and the yolks still soft.

Tips & swaps

- If you have no ovenproof pan, tip everything into a small baking dish before adding the eggs. Take it out while the yolks still wobble; they carry on cooking in the hot pan.

Storage & reheating

Best eaten fresh from the oven; baked eggs don't reheat well.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
290	**20g**	**6g**	**21g**	**3g**

Estimated values, for guidance only. Contains: Egg, Milk.