

Healthy Egg & Chips

Servings: 4

Prep Time: 10min

Cook Time: 1hr



Ingredients

- 500g potato, diced
- 2 onions, sliced
- 1 tbsp olive oil
- 2 tsp dried crushed oregano or 1 tsp fresh leaves
- 200g small mushroom
- 4 eggs

Directions

1. Heat oven to 200C/fan 180C/gas 6. Tip the potatoes and onions into a large, non-stick roasting tin, drizzle with the oil, sprinkle over the oregano, then mix everything together well. Bake for 40-45 mins (or until starting to go brown), add the mushrooms, then cook for a further 10 mins until the potatoes are browned and tender.
2. Make four gaps in the vegetables and crack an egg into each space. Return to the oven for 3-4 mins or until the eggs are cooked to your liking.