

One-Pan Egg & Veg

Servings: 3

Prep Time: 5min

Cook Time: 25min



Ingredients

- 300g baby new potatoes, halved
- ½ tbsp grapeseed oil
- 1 knob of butter
- 1 courgette, cut into small chunks
- 1 yellow pepper, cut into small chunks
- 1 red pepper, cut into small chunks
- 2 spring onions, finely sliced
- 1 garlic clove, crushed
- 1 sprig thyme, leaves picked
- 4 eggs
- toast, to serve

Directions

1. Boil the new potatoes for 8 mins, then drain.
2. Heat the oil and butter in a large non-stick frying pan, then add the courgette, peppers, potatoes and a little salt and pepper. Cook for 10 mins, stirring from time to time until everything is starting to brown. Add the spring onions, garlic and thyme and cook for 2 mins more.
3. Make four spaces in the pan and crack in the eggs. Cover with foil or a lid and cook for around 4 mins, or until the eggs are cooked (with the yolks soft for dipping into). Sprinkle with more thyme leaves and ground black pepper if you like. Serve with toast.