**Baked Eggs**

PREP: 10 minutes

COOKING: 15 minutes

SERVES 4

120g baby spinach leaves

100g semi-dried tomatoes, chopped

70g Danish feta cheese, crumbled

2 tablespoons roughly chopped fresh basil

4 shallots, thinly sliced

1 tablespoon olive oil

4 eggs

Wholegrain toasts, to serve

1. Preheat the oven to 180˚C/160°C. Lightly spray four 1-cup (250ml) capacity ovenproof ramekins with oil.
2. Place spinach in a heatproof bowl. Pour ever enough boiling water to cover, set aside for 10 seconds then drain. Once cool enough to handle squeeze out excess water. Combine spinach, tomatoes, feta, basil and shallots in a medium bowl. Divide evenly between prepared dishes, and drizzle each with 1 teaspoon oil. Place dishes on a baking tray and crack an egg on top of each dish.
3. Cover with foil and bake for 15 minutes or until egg is cooked to your liking. Season with black pepper.