

# Easy Chilli Baked Eggs



Preparation time: 10 mins  
Serves: 4 people  
User Rating: ★★★★★

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## Ingredients

- 4 large eggs
- 4 tablespoons smooth ricotta
- 1 teaspoon fresh chilli, sliced
- 1 tablespoon chopped fresh herbs (such as parsley or coriander)
- Sourdough toast, for serving
- Pepper to taste
- Oil spray

## Method

1. Heat oven to 200°C. Spray 4 oven-safe ramekins with oil.

- In each ramekin, place 1 tablespoon smooth ricotta. Crack 1 egg into each ramekin; season with pepper. Bake until the whites are set, about 10 minutes.
- Top with the fresh chili and herbs. Serve with sourdough toast.

## Notes

For less spice, omit the chilli for an added dash of herbs.

You can also swap out sourdough for your favourite wholegrain toast.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>204g</b>	<b>2050kJ</b> <b>490kcal</b>	<b>23.5g</b>	<b>12.4g</b>	<b>3.6g</b>	<b>68.7g</b>	<b>7.2g</b>	<b>948mg</b>	<b>3.2g</b>

All nutrition values are per serve.