

# Eggs On Fire



Preparation time: 25 mins  
Serves: 4 people  
User Rating: ★★★★★

Publication: 27 September 2022  
Categories: Dinner Recipes

These eggs are on fire!

For the ones who love to spice it up in life, this chilli egg pasta dish is for you. Fried eggs, chilli flakes, spaghetti and more come together in just 25 minutes to create a dish that is a mouthwatering kick to the taste buds.

Get the complete recipe below.



## Ingredients

- 350g spaghetti
- 3 tablespoons olive oil
- 60g butter, diced
- 4 extra-large eggs

- 4 large cloves garlic, chopped
- 8-10 anchovy fillets, finely chopped
- 2 teaspoons dried chilli flakes
- Salt and pepper to taste
- Slice red chilli and chopped parsley to garnish (optional)

## Method

1. Cook spaghetti according to packet instructions. Drain, reserving  $\frac{1}{2}$  cup of pasta water.
2. Meanwhile, heat 1 tablespoon of oil in a large non-stick pan over medium-high heat. Add eggs and season with salt and pepper. Cook until whites are crisp and set, and yolks are jammy. Transfer to a plate. Keep warm.
3. Add remaining oil and butter to the same pan and stir in chilli flakes, garlic, and anchovies. Cook for 1 minute or until fragrant.
4. Toss through hot spaghetti and the hot pasta water. Season with salt and pepper.
5. Divide spaghetti between four bowls and top with fried egg. Drizzle over any pan sauce. Serve immediately topped with sliced red chilli and chopped parsley.

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[Try watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

## Notes

- Use good quality jar anchovies packed in oil available from supermarkets and delis

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
<b>188g</b>	<b>2410kJ</b> <b>576kcal</b>	<b>17.9g</b>	<b>35.7g</b>	<b>12.7g</b>	<b>44.5g</b>	<b>1.2g</b>	<b>636mg</b>	<b>4.8µg</b>

All nutrition values are per serve.