



## Baked Eggs en Poivron

Use a large pepper here to ensure enough room for the egg.

Serves 2

- 1 red, orange or yellow pepper (200g)
- 1 small onion
- 1 clove garlic
- 2 large egg
- 60g kale – coarse stalks removed
- Small clove garlic
- 1 tsp ground cumin
- 1 tsp ground coriander
- 15g finely grated strong cheese
- 2 tsp breadcrumbs
- 1 tsp chopped parsley
- 1 tsp oil



1. Mix the cheese, crumbs and parsley together.
2. Set the oven to 200C/400F/Gas6
3. Half the pepper, remove the core, pith & seeds, leaving the stalk intact.
4. Put the pepper halves on a baking sheet and roast for 10min.
5. Heat 1 tsp oil in a small pan over a medium heat. Cook the onion & garlic for a few minutes until soft.
6. Add the ground spices, cook for a few seconds, then add the kale and a splash of water. Place the lid on the pan, reduce the heat to low and cook for 1 min to soften the kale.
7. Remove the pan from the heat, season the kale with salt & pepper then pack round the inside of each pepper half while still hot, ensuring there is enough room for the egg.
8. Crack one egg into the centre of each pepper half, sprinkle with the cheesy crumbs and bake for 15min. This will give you a runny egg yolk, if you like your eggs more cooked, give it another 5 minutes or so in the oven.

### *Hints, Tips and Variations*

*To make this dish gluten free, use gluten free breadcrumbs*

*Omit the cheese and use a few drops of olive oil for a dairy alternative.*

*Try using a Portobello mushroom in-stead of a pepper.*

*Use spinach instead of kale*

*For a slightly larger portion use a duck egg and for a smaller portion, use a small or medium egg.*