



Saucy bean baked eggs

Ingredients

2 x 400g cans cherry tomatoes
400g can mixed bean salad, drained
200g baby spinach
4 medium eggs
50g thinly sliced smoked ham, torn
wholemeal rye bread, to serve (optional)

Method

Tip the tomatoes and bean salad into an ovenproof frying pan or shallow flameproof casserole dish. Simmer for 10 mins, or until reduced.

Stir in the spinach and cook for 5 mins more until wilted.

Heat the grill to medium.

Make four indentations in the mixture using the back of a spoon, then crack one egg in each.

Nestle the ham in the mixture, then grill for 4-5 mins, or until the whites are set and the yolks runny.

Serve with rye bread, if you like.

