



# Mexican baked eggs with tomatoes and lentils

## Ingredients

- spray oil
- 2 spring onions, chopped
- 1 clove garlic, finely chopped
- 1 red capsicum, diced
- 2 teaspoons Mexican spice mix
- 400g can cherry tomatoes
- 390g can lentils, drained and rinsed
- 2 cups roughly chopped spinach
- 4 size 6 eggs
- fresh **coriander**, to garnish
- freshly ground black pepper, to garnish
- Tabasco or other hot sauce, to serve (optional)
- 2 slices toasted

## INSTRUCTIONS

1. Preheat oven to 180°C. Spray an ovenproof pan with oil and set over a medium-high heat. Add spring onions, garlic and capsicum and cook, stirring, for 5 minutes.
2. Add spice mix and cook a further 1 minute. Add cherry tomatoes and lentils. Stir to combine, and bring to a simmer. Cook for 2 minutes. Remove from heat.
3. Using a spoon, make four holes in tomato mixture. Carefully crack one egg into each hole. Place pan into the oven and bake for 15 minutes, or until eggs are cooked.
4. Serve eggs garnished with coriander, black pepper and hot sauce, if using, with bread on side.