

LOCKDOWN RECIPES



January 2022



HEALTHY EGG AND CHIPS

PREPARATION TIME:

10 mins

COOKING TIME:

60 mins

SERVES:

4

INGREDIENTS

500g potatoes , diced

2 shallots , sliced

1 tbsp olive oil

2 tsp dried crushed oregano or
1 tsp fresh leaves

200g small mushroom

4 eggs

One that both Mums and Dads will love! This any-time meal is perfect with a helping of baked beans.

METHOD

Heat oven to 200C/fan 180C/gas 6. Tip the potatoes and shallots into a large, non-stick roasting tin, drizzle with the oil, sprinkle over the oregano, then mix everything together well.

Bake for 40-45 mins (or until starting to go brown), add the mushrooms, then cook for a further 10 mins until the potatoes are browned and tender.

Make four gaps in the vegetables and crack an egg into each space. Return to the oven for 3-4 mins or until the eggs are cooked to your liking.