

Eggs In Purgatory

1 tablespoon olive oil
1 small clove garlic (peeled)
¼ teaspoon dried chilli flakes
1, 15 oz can chopped tomatoes
½ teaspoon salt
2 large eggs
2 teaspoons grated parmesan (or more as needed)
2 slices whole wheat bread

Pour the olive oil into a frying pan, then grate in (or mince and add) the garlic, scatter in the chilli flakes and put the pan over a medium heat, stirring, for 1 minute.

Pour in the tomatoes, stir in the salt, and let it come to a bubble.

Crack in the 2 eggs, sprinkle the Parmesan over it (optional), leaving some of the yellow yolk still exposed, and partially cover with a lid. Let it bubble for 5 minutes, by which time the white should be set and the yolk still runny.

Remove from the heat and serve with toasted bread.

Recipe adapted from Nigella Lawson.

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