

## SPANISH EGG POTS

### Equipment needed –

28 small ramekins, small knives, chopping boards, large saucepan and measuring cups.

### Ingredients from the Garden –

- 28 eggs (or enough for 1 for every person)
- 1 bunch of flat-leaf parsley, finely chopped
- 4 red onions, finely chopped

### Ingredients from the Pantry –

- 4 large tins of chopped tomatoes
- 1 cup of roasted red capsicums, cut into strips
- 1/3 cup of sunflower oil
- Olive oil for drizzling

### What to do –

1. Peel and finely chop the onions and set aside.
2. Cut the capsicums into strips and set aside.
3. Open the cans of tomatoes and set aside.
4. Wash and finely chop the parsley and set aside.
5. Measure out 1/3 cup of sunflower oil into a large saucepan and heat over a medium heat.
6. Add the diced onions and cook for 2-3 minutes, or until the onions have softened.
7. Add the capsicums and stir fry together with the onions.
8. Add the tomatoes and most of the parsley, reserving some extra parsley for a garnish at the end. Season with salt and pepper and bring to the boil. Cook for about 10 minutes or until the tomato mixture is thick.
9. Meanwhile preheat the grill to high on 2 ovens.
10. Lay out the ramekins on the bench, then carefully spoon about ½ cup of the tomato mixture into each of the ramekins.
11. Use a spoon to make a hollow in the middle of each one, then crack an egg into each dish.
12. Arrange the ramekins into a baking dish then place under the grill. Cook for about 5 minutes or until the egg whites are firm and the yolks are soft.
13. Serve hot with a sprinkling of parsley and a drizzle of extra virgin olive oil.

### Serves –

- 28 students.