Tomato Spinach Baked Eggs

Eggs baked in a garlic tomato sauce with wilted spinach and feta. Serve from the skillet with crusty bread.

Prep 10 min **Cook** 25 min **Serves** 2

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 small onion, finely diced
- ☐ 2 garlic cloves, minced
- ☐ 1/2 tsp sweet paprika
- ☐ 1 can (14 oz / 400 g) crushed tomatoes
- ☐ 1/4 cup (60 ml) water
- ☐ 3 cups (90 g) baby spinach
- ☐ 1/4 tsp fine salt
- ☐ 4 large eggs
- ☐ 1/4 cup (35 g) crumbled feta
- ☐ 1 tbsp chopped parsley
- ☐ 2 thick slices bread, to serve



Spoon & Joy recipe illustration.

Before you start

Reduce the sauce first
A watery sauce makes the whites spread and can leave the dish soupy after baking.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Heat the oven to 375°F (190°C). Warm the oil in an oven-safe 10-inch skillet over medium heat.
2. Cook the onion for 5 minutes until soft. Add the garlic and paprika and stir for 30 seconds.
3. Add the crushed tomatoes, water and salt. Simmer for 7-8 minutes, then stir in the spinach until wilted.
4. Make four shallow wells and crack an egg into each. Scatter the feta around the eggs.
5. Transfer the skillet to the oven and bake for 10-13 minutes, until the whites and yolks are set. Check from 10 minutes because oven heat and egg size vary.
6. Use oven gloves to remove the skillet; the handle stays hot. Add parsley and serve with bread.

Storage & making ahead

Best served immediately. Refrigerate leftovers promptly for up to 2 days and reheat to 165°F (74°C). The eggs will become firmer on reheating.

Keep the handle covered Leave an oven glove over the handle once the skillet is on the table to remind everyone it is hot.

Read this recipe on Spoon & Joy