

Happy Kitchen

Baked Eggs in Spaghetti Nests



Ingredients: (serves 6)

- 1 onion (shredded)
- 6 oz. spaghetti
- 6 eggs
- olive oil
- 3 gloves garlic (minced)
- 1/3 cup Parmesan cheese
- some cherry tomatoes (sliced)
- 1 tsp salt

Instructions:

1. Bring a pot of water to boil and cook spaghetti for 6 – 7 minutes. Drain and toss with 1 1/2 tbsp. of olive oil, then set aside.
2. Preheat oven to 200°C. Spray a muffin tin with oil.
3. Stir-fry garlic and onion in a pan over medium heat for about 5 minutes. Add in the spaghetti and cook for about 1 minute. Remove from heat.
4. Loosely fill each muffin tin with spaghetti. Create a small well in the centre by pushing the spaghetti to the outside edges.
5. Cover each egg nest with tomato slices.
6. Crack an egg into a small bowl and gently slip into the centre of a spaghetti nest. Repeat for each nest. Sprinkle eggs with parmesan cheese.
7. Bake egg nests in preheated oven for 20 to 25 minutes or until eggs are just set.
8. Serve warm.