

Healthier Egg & Chips

Ingredients

Click the image below for a [video guide](#).



- 1 tbsp oil
- 500g potatoes
- 2 onions, sliced
- 200g mushrooms
 - 4 eggs
- 2 tbsp oregano
- Optional tomatoes
- Option to serve with baked beans

Method

1. In an ovenproof dish add your potatoes and onions before drizzling the oil over.
2. Sprinkle over your oregano and mix well.
3. Pop in the oven for 40 minutes at 200. After 40 minutes add in your mushrooms and tomatoes for a further 10 minutes.
4. Make four gaps in the tray to break your eggs into. Return to the oven for a final 5 minutes.

The Finer Details

Per Portion
284 Calories
13g Protein
40g Carbs
9g Fat
