



# Roast Potato and Egg Bake for one

(serves 1)

## Ingredients

- 1 teaspoon olive oil
- 1 shallot, finely sliced
- 250g cold leftover roasted potatoes, cut into large chunks (see Cook's notes below)
- 1 tablespoon pouring cream
- ½ teaspoon smoked paprika
- 2 eggs
- 2 tablespoons melting cheese, grated
- 1 teaspoon parsley leaves, finely chopped
- Freshly ground black pepper, to taste

## Method

1. Preheat the oven to 180C (fan forced oven).
2. Place the oil in a small skillet or frying pan over a medium-high heat. Add the shallot and stir about until it starts to soften and caramelise.
3. Add the roast potatoes and gently stir for a minutes until the potatoes begin to warm up and mix in with the shallot. Reduce the heat a little then add the cream and the smoked paprika. Gently stir for another couple of minutes until the mixture is all mixed in and hot.
4. Turn off the heat and make two wells in the centre of the skillet/ pan using a spoon. Carefully crack one egg into each well. Sprinkle the cheese over the potatoes and eggs and then pop the skillet/pan into the oven for 10-12 minutes so that the cheese can melt and the eggs can cook. If you like your eggs runny, take the pan out of the oven at 10 minutes (ensuring however that the whites are cooked through). If you like your eggs to be hard, take the pan out after 12 minutes.
5. To serve, simply sprinkle the parsley over the whole dish and season with freshly ground black pepper.

## Cook's Note

I used a mixture of Ruby Lou potatoes and gold sweet potatoes in this recipe although you can really use any combination of potatoes you like. In the event you don't have potatoes already roasted, all you do is cut one medium potato and a medium size gold sweet potato into large chunks and place the chunks into a bowl. Add the juice of half a lemon, 2 tablespoons olive oil, a couple of pinches of dried Greek oregano, sea salt flakes and freshly ground pepper to the bowl and mix until the potatoes are well coated. Place on a lined baking tray and pop in an 180C preheated oven for about 25-30 minutes until the potatoes have cooked through. Then follow the recipe as above.