

The easiest supper/breakfast/brunch ever:

Baked eggs

You can very easily adapt this in many many ways. You can also do it in a large pan to feed more people. To start with all you need is...

A ramekin, an egg, salt and pepper and some double cream (you can put a dollop of dairy free crème fraiche on if dairy free)

- Turn the oven to 200°c
- Lightly grease your ramekin and crack in the egg, pour over double cream or crème fraiche and season.
- Bake for 8 – 10 mins until the egg is just set.
- Or before you pour over the cream add, some cooked spinach, smoked salmon, smoked haddock with a prawn or two (great starter for a dinner party), cherry tomatoes, cooked smoked bacon, ham hock, sautéed mushrooms.
- When Asparagus is in season you can serve with Asparagus Soldiers to dip in - I like to eat this with a good crunchy salad and some really tasty bread.