

**Creamy leeks and mushrooms baked with eggs - makes a tasty breakfast that's simple but different.**

**Serves 4**

**Prep 5 minutes**

**Cook 20 minutes**

### **INGREDIENTS**

1 tsp rapeseed oil  
1 leek (160g) thinly sliced  
160g mushrooms, sliced  
2 tbsp 0% fat Greek-style yogurt  
good pinch white pepper  
4 eggs

### **METHOD**

1. Preheat oven to 180°C/gas mark 4.
2. Add oil to a pan, then add the leeks and mushrooms and cook for 4-5 minutes, stirring regularly.
3. Mix in the yogurt and pepper, then divide the mixture between 4 ovenproof dishes.
4. Make a small hollow in the middle of each dish, then crack an egg into each. Bake for 12-15 mins or more depending on how you like your eggs.

### **NUTRITION**

108 Kcal  
1.7g carbohydrate  
1.5g fibre  
9.6g protein  
6.5g fat  
1.6g saturates  
0.2g salt

## **Chefs tips**

- Try adding a finely chopped red pepper along with the leeks and mushrooms.
- Add some chopped chives or fresh basil for extra flavour.