

PREPARATION: 30 MINUTES

COOKING: 12 MINUTES

4 SERVINGS

WINTER VEGETABLE BAKE



INGREDIENTS

1 tablespoon olive oil

3 tablespoons chopped shallots

1 cup sliced mushrooms

½ teaspoon paprika

½ teaspoon fennel seeds

3 cups (around 15) chopped
Brussels sprouts

¼ cup water

¼ cup cooking cream (15% M.F.)

4 eggs

¼ cup grated strong
cheddar cheese

Gremolata*

¼ cup chopped fresh parsley

2 teaspoons grated lemon zest

1 teaspoon chopped garlic

*Italian sauce served with meat, fish or pasta.

PREPARATION

- 1 Place the oven rack near the top and heat the oven to broil.
- 2 In a large non-stick skillet, heat oil over medium heat. Add the shallots and mushrooms and season with paprika and fennel seeds. Cook for 2 minutes before adding the Brussels sprouts and water. Continue cooking for 5 minutes or until the Brussels sprouts are tender. Add the cream, stir, and switch off the heat. Season with pepper to taste.
- 3 Transfer the vegetable mix into 4 ramekins. With a spoon, make a nest in each vegetable portion and crack 1 egg into each nest. Garnish with cheese. Cook in the oven for about 5 minutes or until the egg whites are cooked.
- 4 In a small bowl, prepare the gremolata by mixing parsley, lemon zest and garlic.
- 5 Garnish each portion with the gremolata and serve with toast.

Tip: You can also prepare the whole recipe in a larger oven-proof dish and serve at the table.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

1 Protein + 2 Vegetable

Calories	197Kcal
Protein	11g
Carbohydrates	10g
Fibre	4g
Total Fat	13g
Saturated Fat	5g
Cholesterol	186mg
Sodium	134mg
Potassium	471mg
Phosphorus	181mg