

OVEN PASTA WITH EGG

2 persons / 543 kcal per portion

Ingredients:

- 150 grams whole-grain penne rigate
- 200 grams fresh spinach
- 260 grams pasta sauce sundried tomato
- 1 tablespoon sliced black olives
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 2 medium eggs
- 35 grams Parrano chips



Preparation:

Preheat the oven to 200°C. Cook the pasta in a large pan according to the instructions on the package. Add the spinach in parts to the pasta in the last 2 minutes. Drain well. Return the pasta and spinach to the pan. Add the pasta sauce, olives and cumin and oregano. Season with pepper and salt and stir. Put the pasta with the sauce in the baking dish. Make 2 dimples and break the eggs above it. Sprinkle the Parrano chips over the pasta but let the egg yolks free. Bake in the oven for about 15 minutes until the cheese is melted and the eggs are cooked.

Nutritional value per portion:

Energy:	543 kcal
Protein:	27.3 grams
Carbohydrates:	63.2 grams
- including sugars:	11.7 grams
Fat:	17.6 grams
Fiber:	9.6 grams