

Eggs in Tomato Sauce

Serves 3 - 4



Ingredients

2 tablespoons extra virgin olive oil
1 small onion, chopped fine
2 garlic cloves, minced
Splash of white wine (optional)
1 (28-ounce) can crushed tomatoes
1 (14.5-ounce) can of petite diced tomatoes
1 tablespoon tomato paste
¼ teaspoon red pepper flakes
6 extra large eggs
Kosher salt and freshly ground pepper
Feta cheese or parmesan cheese for topping
Handful of fresh flat-leaf parsley, finely chopped
Sea salt for topping
Crusty bread for dipping

Steps

1. Heat the olive oil in a medium (10-inch) sauté pan. Add the onions and cook over medium to medium-low heat for 5 to 7 minutes, stirring occasionally, until they become translucent. Add the garlic and cook for one minute. Add the wine (if using) and the crushed tomatoes, petite diced tomatoes, tomato paste, red pepper flakes, salt and pepper and bring to a simmer. Taste for seasonings - adding more red pepper if you want it spicier. Cover and cook over medium-low heat for 8 minutes.
2. Carefully crack one of the eggs into a small bowl and gently slide it into one corner of the pan. Use the side of the bowl to make a well for the egg as you pour it in. Repeat with the remaining 5 eggs, moving around the pan. Cover the pan and cook over medium-low heat for 5 - 7 minutes, or until the egg whites are set but the yolks are still runny. Sprinkle with the feta or parmesan, parsley, and sea salt then cover the pan again allow it to cook for another minute.
3. To serve, scoop out an egg (or two) with ample sauce into a bowl or plate and serve hot.