

# Eggs ratatouille with juice

(Serves 2)

## Ingredients

- 150 mls Tomato juice
- 1/2 Pepper, red, deseeded & diced
- 1/2 Pepper, yellow, deseeded & diced
- 150g Courgettes, sliced & halved
- 150g Aubergine, diced
- 100g Onion, red, sliced
- 100g Mushrooms, button, halved
- 1 Tomato, medium, chopped
- Handful Basil, fresh, chopped
- 1/8th tsp Salt, reduced sodium
- 4 Eggs, medium
- 1/8 tsp Black pepper
- 300mls Tropicana pink grapefruit juice

## Preparation

1. Pour tomato juice into a lidded deep-based frying pan.
2. Add prepared vegetables, tomato, basil & salt.
3. Bring to boil. Cover & simmer for 8-10 minutes. Remove lid.
4. Push vegetables to sides of pan.
5. Crack eggs into centre of pan.
6. Cook until eggs cooked to taste.
7. Sprinkle with black pepper.
8. Serve immediately with the pink grapefruit juice.

**TOP TIP:** Don't overcook the vegetables in the first stage as they will cook further when the eggs are cooking.

## NUTRITIONAL VALUES PER SERVING

Calories 305

Total Sugars 21.47g

Total Fats 10.49g

Saturated Fats 3.16g

Salt 0.82g

Fruit & Veg 5.8