Veggie Loaded Baked Eggs

A delicious weekend brunch recipe, loaded with vegetables and flavour.

Ingredients

1 tbsp extra virgin olive oil

2 cloves garlic, minced

1 leek, white and light green parts, thinly sliced

200 g swiss brown mushrooms, sliced

2 cups kale, tough stems removed, leaves roughly chopped

2 cups silverbeet, tough stems removed, leaves roughly chopped

2 cups baby spinach

1 tbsp unsalted butter

20 g plain flour

1 cup whole milk

1/8 tsp grated nutmeg

1 tsp Dijon mustard

3/4 cup grated Gruyère, plus extra ¼ cup for topping

1 capsicum thickly sliced

4 large eggs

Pinch of salt and freshly ground black pepper

Method:

1. In a deep saucepan, heat the olive oil, garlic, leek and mushroom. Sauté on a medium heat until fragrant and lightly golden. Transfer to a bowl.
2. Return the saucepan to medium-high heat. Wilt the kale, silverbeet and spinach with a pinch of salt. Cool on a plate and slightly squeeze out liquid from the greens.
3. Meanwhile, melt the butter on low heat and stir in flour and milk. Turn the heat up to medium and continue cooking until the mixture is thickened, add mustard, nutmeg and cheese, stir to melt.
4. Stir the rest of the cooked mushrooms and veggies back in the pan, transfer to a baking dish, nest the capsicum on top of the mixture and place the eggs in the centre.
5. Top with the extra cheese and bake for 10-15min at 200C until the eggs just set. Sprinkle pepper and salt to serve.