SPANISH · BREAKFAST

One-Pan Spanish Vegetable Skillet with Eggs

30 min · Serves 2 · 506 kcal a serve · Video 7:06 · Spain on a Fork

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

17.5 g protein, 18 g net carbs and almost 7 g fibre a serve: two eggs baked into peppers, zucchini, onion and grated tomato cooked in garlic-infused olive oil with smoked paprika. No bread, dairy or sugar.

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Ingredients 11 · SERVES 2

- [ ] ¼ cup extra **virgin olive oil**
- [ ] 4 **garlic** cloves, halved
- [ ] 1 **onion**, roughly diced
- [ ] 1 **green bell pepper**, cut into large chunks
- [ ] 1 **red bell pepper**, cut into large chunks
- [ ] 1 **zucchini**, cut into large chunks
- [ ] 4 **tomatoes**, finely grated (a generous cup)
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] 4 **eggs**
- [ ] **sea salt** to taste and black pepper
- [ ] finely chopped **parsley**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the peppers and zucchini into large chunks, roughly dice the onion, halve the garlic cloves and grate the tomatoes. 1:03
2. Heat ¼ cup olive oil in a large frying pan over medium heat for 2 minutes. Fry the garlic about 2 minutes, stirring, until lightly golden, then lift it out. 2:00
3. Add the onion, zucchini and peppers to the same oil and cook 9–10 minutes, stirring every minute or so, until soft but not browned. 2:32
4. Stir in the paprika quickly, then the grated tomato and the fried garlic. Season well with salt and pepper and simmer 3–4 minutes, until slightly thickened. 3:10
5. Make four hollows, crack an egg into each and grind over some pepper. Cover and cook 3–4 minutes, until the whites are set and the yolks still soft. Finish with parsley. 4:12

> **Tip** Crack each egg into a small bowl first so no shell or broken yolk goes into the pan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
506 kcal	17 g	25 g	6.6 g	39 g	540 mg
2,120 kJ	35% of a day	18 g net · 14 g sugars	24% of a day	7.2 g saturated	23% of a day
		9% of a day		50% of a day	

Energy from net carbs 15% · protein 14% · fat 71% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 188% · Vitamin K 60% · Selenium 59% · Vitamin B6 51% · Vitamin E 48% · Vitamin B12 46% · Vitamin A 39% · Folate 34% · Potassium 23% · Omega-3 22% · Zinc 20%

Source of (10–19%) Iron 18% · Magnesium 16% · Vitamin D 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=a7mBdZZbY24. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/spanish-vegetable-breakfast-skillet-eggs