

# Eggs in Hell

## Kat in the Kitchen



### Ingredients

1 tablespoon olive oil  
1/2 teaspoon dried garlic powder or fresh garlic  
1/2 teaspoon dried chilli flakes  
1 can chopped tomatoes (822 g)  
1/4 teaspoon sea salt (or to taste)  
1/4 teaspoon ground black pepper (or to taste)  
4 eggs  
2 teaspoons grated parmesan (or more as needed)  
Bread of your choice to serve

**Optional:** Grated parmesan, chopped parsley ...

### Steps

1. Pour the olive oil into a frying pan, then add the garlic, scatter in the chilli flakes and put the pan over a medium heat, stirring, for 1 minute.
2. Tip in the tomatoes, stir in the salt and pepper, and let it come to a bubble. It's got to be hot enough to poach an egg in.
3. Crack in the eggs, leaving some of the yellow yolk still exposed, and partially cover with a lid. Let it bubble for 5 minutes, by which time the white should be set and the yolk as you prefer it, but keep an eye on it.
4. Remove from the heat and serve – if so wished – sprinkled with a little Parmesan and extra seasoning
5. Serve with fresh, crusty bread or toast.
6. If you have parmesan or parsley, sprinkle over the top