**Baked ham and eggs**

**makes 6, 2 per portion**

* 170 g very thinly sliced deli ham
* 6 tbs chopped cooked veggies (peppers onions anything you have to hand)
* 9 large eggs
* 2 tablespoons chopped fresh coriander
* 2 tablespoons grated cheddar cheese
* Cooking oil spray

**Method**  
Preheat the oven to 400 degrees 204 degrees Celsius.

1. Lightly coat each cup of a standard-size non-stick muffin pan with cooking oil spray
2. Line each muffin cup with 14 g of the ham. There will probably be a little excess extending from the top of each cup.
3. Spoon 1 tablespoon veggies into each cup
4. Measure share egg mix between the cups
5. Place the muffin pan in the oven and bake for 10 to 12 minutes, or until the eggs are puffed and the centre is set
6. Carefully remove the baked eggs from the pan and place two muffins on each serving plate
7. Garnish with the coriander and cheese