

Chorizo, tomato and egg one pot served with balsamic coated red cabbage

Red cabbage is a fave of mine! There are so many things you can do with it but this is just a very simple and quick recipe that still tastes delicious.

- 2 tins of organic cherry tomatoes (or any chopped tomatoes)
- 2 garlic cloves, crushed
- 1 onion, sliced
- 1 red pepper, sliced
- 200g chorizo, chopped into thin rounds or just roughly chopped
- 1 teaspoon of each of the following dried spices; cumin, chilli powder, basil, paprika
- 4 eggs
- 1 red cabbage, sliced thinly
- 3 tablespoons of balsamic vinegar (I used an apple flavoured balsamic as apple goes particularly well with red cabbage)
- 1/2 tablespoon coconut oil
- Cracked black pepper and fresh nutmeg to add to the cabbage (optional)

Firstly preheat your oven to 180°C and then chop and dice all of the ingredients as advised above. Melt the coconut oil in a pan on the hob and then add the cabbage. Stir it to coat all of the cabbage and pour on the balsamic vinegar. Leave this with a lid on at an angle so that some of the steam can escape slightly. The cabbage will take approx. 15 mins to cook from this point. You need do nothing else with it until it's cooked. Now you can concentrate on the chorizo stew.

Put the chopped chorizo into a roasting pan and place in the heated oven. After about 5 mins take the pan out of the oven and drain off some of the fat, leaving about 1 tablespoon of the oil in the pan. Stir in the onions and garlic and place back into the oven for another 2-3 mins. Take the roasting tin out of the oven and stir in all of the spices. Make sure that all of the onion is coated. Pour the tomatoes onto this and stir again then place this all back into the oven for another 5 mins.

Take the roasting pan out of the oven and stir again then crack 4 eggs into the tomato sauce and cook for approx. 5 mins (make sure the white is cooked – the time can vary with different sized eggs).

Once the eggs are cooked, take the pan out of the oven to rest. Now, crack some black pepper and grate some nutmeg over your cabbage and stir through. This is now ready to serve alongside your deliciously spicy chorizo stew. Your cabbage should still have some bite to it! This will be a hit with you, I promise. It's so so quick and easy. This should take 25 mins including your prep work.