

Egg, Cheese & Tomato Dish

Serves 2

Ingredients

4oz grated Cheddar cheese

3 medium sized tomatoes – skinned & pureed

3 large eggs well whisked

Salt & pepper plus a small salt spoon of dry mustard powder

Method

1. Heat oven to 175C.
2. Grease a 1 litre size Pyrex dish.
3. Mix together the tomatoes and cheese.
4. Then gently fold in the whisked eggs.
5. Place in oven for 35 minutes or until the mixture has set.