




PEA & GOAT'S CHEESE SHEET PAN EGGS

An easy way to feed a hungry horde – use whatever summer veg you have to hand

Feeds 4 • Ready in 35 mins 

10 Co-op British free range eggs
50ml Co-op semi-skimmed milk
25g flat leaf parsley, chopped
¼ tsp chilli flakes
1 Co-op British courgette, peeled into ribbons
200g Co-op frozen peas
65g Co-op goat's cheese
Co-op ciabatta rolls (optional)

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Line a 20cm x 30cm baking tray or dish with greaseproof paper.
2 Whisk the eggs and milk together, then mix in the parsley, chilli flakes and season. Pour the mixture into the tray, then add the courgette ribbons and peas, pushing some of them into

the mixture. Crumble the goat's cheese over the top.
3 Bake in the oven for 25 mins, or until the eggs are just set and the top is golden. Serve this with the ciabatta rolls on the side, if you like.

Approx per serving

Energy	Fat	Saturates	Sugars	Salt
1271kJ 306kcal	20.8g	7.5g	2.3g	0.74g
15%	Med 30%	High 37%	Low 3%	Low 12%

% of an adult's reference intake. Carbohydrates per serving: 6g