

High-Protein Traybake

Packed with protein and yummy flavours, this high-protein traybake is a satisfying meal that's as nourishing as it is delicious. The tender roasted ingredients, savoury seasonings and a golden finish come together in one easy dish. With lots of nutrients, this traybake is ideal for boosting your immune system to fight winter colds. This easy recipe is perfect for quick weeknight dinners, meal prep or a wholesome family meal that doesn't compromise on flavour.



Prep: 10 mins

Cooking: 35 mins

Serves: 6

Makes: 1

Ingredients

- 2 medium sweet potatoes, diced
- 1 red onion, sliced
- 2 cloves garlic, minced
- Olive oil, salt, pepper
- 2 big handfuls baby spinach
- 8 Pace Farm eggs
- 100g feta, crumbled
- Chilli flakes (optional)

Method

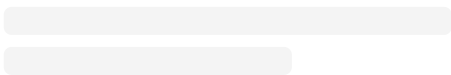
1. Preheat the oven to 200°C. Add the sweet potato and onion to a baking tray and roast for 25 minutes, or until tender and lightly golden.
2. Stir the spinach through the roasted sweet potato and onion until slightly wilted.
3. Make eight wells in the vegetables and crack a fresh Pace Farm egg into each one, keeping the yolk intact. Crumble the feta evenly over the top.
4. Return the tray to the oven and bake the eggs for 10–12 minutes, or until the egg whites are set and the yolks are cooked to your liking.
5. Remove the baked eggs from the oven and serve warm.

Notes

Watch how to make this high-protein egg traybake here:



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