Sardine Tomato Egg Skillet

Two main plates, each with two eggs, sardines and toast · Active 20 min · Total 1 hr

Skills: Reducing a sauce and gently setting eggs around canned fish

Ingredients

- 1 tablespoon olive or neutral oil (15 ml)
- 1 small onion, thinly sliced (100 g)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, with juice
- 1/2 teaspoon dried oregano (0.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- Canned sardines in water or oil, drained and checked (6 1/3 oz/180 g usable fish)
- 4 large eggs
- 4 slices bread (about 5 1/2 oz/160 g)
- Up to 1 tablespoon water (15 ml), only if sauce catches before eggs set

Set out

10-inch/25 cm deep skillet with fitted lid, Plate for checking sardines, Toaster or grill for bread, Food thermometer

Allergens

fish, egg, wheat. Check labels and substitutions.

Make it

1. Heat oil in the skillet over medium heat. Cook onion for 7–8 minutes. Add tomatoes with juice, oregano and pepper. Simmer uncovered for 12–15 minutes, stirring, until thick enough to hold shallow wells.

2. Check and drain sardines, then nestle the fish pieces into the sauce. Warm gently for 2 minutes. Make four wells and crack one egg into each.

3. Cover and cook over low heat for 7–10 minutes, or longer as needed, until whites and yolks are firm and egg centers reach at least 160°F/71°C. Add a tablespoon of water only if the sauce begins catching before the eggs set.

4. Toast bread dry while eggs finish. Divide all the fish, sauce and four eggs into two plates and serve each with two toast slices.

Packing medium changes drainage

Both water-packed and oil-packed sardines are drained here. The cooking oil is measured separately, so do not pour the entire can liquid into the tomato base.

Ingredient labels

Sardines supply fish, eggs supply egg and ordinary bread supplies wheat. Bread may also contain milk, soy or sesame; check its actual label.

A useful detail

The 60-minute total includes reducing the tomatoes and setting four eggs; do not judge the eggs solely by an opaque white edge.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. The eggs become firmer on reheating. Toast bread freshly rather than storing it submerged in sauce. Freeze the tomato-fish base before eggs are added if planning ahead, not the complete egg dish.