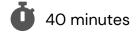




# **Moroccan Baked Eggs**

# with Chickpea Flatbreads

A simple and flavourful dish of Moroccan beans with tomatoes, spinach and baked eggs, served with oven baked chickpea flatbreads.





2 servings



Crumble over some feta cheese or garnish with toasted seeds from the pantry. If you have some dukkah you could also use that to finish off the eggs.

TOTAL FAT CARBOHYDRATES PROTEIN

#### FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
BROWN ONION	1/2 *
BUTTERNUT PUMPKIN	1/2 *
RED CAPSICUM	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
BAKED BEANS	1 jar
ENGLISH SPINACH	1/2 bunch *
FREE RANGE EGGS	4
CORIANDER	1/2 packet *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground turmeric, cumin seeds

#### **KEY UTENSILS**

large frypan with lid, oven tray

#### **NOTES**

The chickpea batter should be thick before you pour onto the lined tray. Use two large trays if needed.

An easy way to rinse the spinach is to trim the leaves and soak them in a bowl of water. All the sand will fall to the bottom of the bowl.

**Protein upsize add-on is - halloumi cheese.** Dice halloumi and pan fry. Stir through the vegetables in step 5 before adding the eggs.



## 1. PREPARE THE FLATBREAD

Set oven to 180°C.

Whisk together chickpea flour and **3/4 cups water**. Set aside for 10 minutes. (see notes).



#### 2. PREPARE THE VEGGIES

Chop onion, dice pumpkin and capsicum. Halve tomatoes. Set aside.



#### 3. BAKE THE FLATBREADS

Line an oven tray and drizzle with **olive oil** (to prevent sticking). Pour chickpea batter onto tray and spread with spatula. Sprinkle with **cumin seeds** and **salt**. Bake for 20–25 minutes until golden and crisp around the edges.



## 4. SAUTÉ THE VEGETABLES

Meanwhile, heat a frypan over mediumhigh heat with oil. Add prepared veggies, 1/2 tsp turmeric and 1/2 tsp cumin seeds. Cook for 5 minutes until softened. Pour in beans and 3/4 cup of water. Cover and simmer for 10 minutes.



## 5. ADD SPINACH & EGGS

Rinse and chop spinach (see notes). Stir into beans until wilted. Season with **salt and pepper**. Crack in eggs. Cover and cook for 8-10 minutes or until cooked to your liking.



### **6. FINISH AND PLATE**

Garnish baked eggs with chopped coriander. Serve with flatbreads.

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