



Spicy Moroccan Baked Eggs

A great option for brunch with a different way of using eggs. The recipe has a good balance of carbs, fat and protein.

Serves: 4, Prep time: 00:10, Cook time: 00:25

Instructions

Heat the oil in a large, deep frying pan, and fry the onion and garlic for about five mins, stirring regularly, until golden.

Add the harissa and ground coriander, stir well, then pour in the stock and chickpeas with their liquid. Cover and simmer for five mins.

Mash about one third of the chickpeas to thicken the stock.

Tip the tomatoes and courgette into the pan, cook gently for 10 mins until the courgette is tender. Fold in the spinach so that it wilts into the pan.

Stir in the chopped coriander, then make four hollows in the mixture and break in the eggs. Cover and cook for two to three

Ingredients

- 2 tablespoon Olive oil
- 1 Onion, thinly sliced
- 3 Garlic, cloves
- 2 teaspoon Corriander, powder
- 2 pinch or to taste Corriander leaves, handfuls, chopped
- 1 tablespoon Harissa Paste
- 150 milliliters Vegetable stock (5 oz (U.S.))
- 1 Chickpeas, canned, 400g can
- 2 Tomato, canned in tomato juice, 2 x 400g can
- 1 Courgette, large, finely diced
- 200 grams Baby Spinach Leaves (7 oz)
- 4 Eggs, large

mins, then take off the heat and allow to settle for two mins before serving.

Servings: 4 | Kcals per serving: 266 |
Carbs per serving: 18g | Fat per serving:
15g | Protein per serving: 17g

*All of the nutritional values listed, are an approximate guide calculated from My Fitness Pal and may vary depending on the brand of the products used.

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