

BAGHDAD EGGS WITH QUINOA

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Baked

Occasions: Breakfast

Diets: Vegetarian



INGREDIENTS

- 2 cups cooked quinoa
- 40 g butter
- 1 clove garlic, minced
- 2 teaspoons ground cumin
- 1 lemon juice
- 2 tablespoon fresh mint, chopped
- 8 eggs
- 1 cup grated Parmesan cheese
- Toasted flatbread

METHOD

Preheat oven to 180oCelcius.

Lightly grease 4 x 1 cup capacity baking dishes with a little butter.

Divide the cooked quinoa between the four dishes. Crack two eggs into each dish.

In a small pan, melt the butter until it starts to foam, add the garlic, and cook for 30 seconds, until just changing colour. Add cumin, lemon juice and mint. Season.

Pour all over egg dishes. Sprinkle with cheese. Place in to the oven for 12 minutes, cooking longer if firmer eggs are required.

Serve immediately with toasted flatbread.