

Chickpea Delight



Preparation time:	30 mins
Serves:	4 people
User Rating:	★★★★☆

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Categories: Dinner Recipes, Vegetarian, Kid Friendly

This one is the perfect one-pan recipe that is highly versatile, nutritious, easy to make and requires ingredients that you already have - veggies from your fridge and a few pantry staples.



Ingredients

- 4 eggs
- 2 x 400g cans chickpeas, rinsed and drained
- 2 x 400g cans crushed tomatoes
- 1 brown onion, chopped
- 1 tbsp extra virgin olive oil
- 3 garlic cloves, chopped
- 6 mushrooms, chopped
- A handful of spinach chopped
- 1 cup pitted black kalamata olives

- 1 tsp sweet paprika
- 1 tsp ground cumin
- 1 tsp cayenne pepper

To serve

- Crumbled feta, to serve
- 1 tbsp flat-leaf parsley, chopped
- Wholemeal pita bread

Method

1. Preheat the oven to 180 degrees.
2. Heat a large ovenproof pan and brown the onion and garlic in olive oil.
3. Add chickpeas, paprika, cumin and cayenne pepper – combine and cook for 3-4 minutes.
4. Add crushed tomatoes and allow the sauce to gently simmer, add mushrooms, spinach and olives and stir through.
5. Season with salt and pepper.
6. Allow to gently simmer for 15-20 minutes on low heat so the sauce thickens slightly.
7. Create 4 shallow holes in the chickpea mix and crack an egg into each hole.
8. Transfer the pan to the oven and bake for 5-7 minutes so that the whites are set but the yolks remain runny.
9. Serve topped with crumbled feta on top and freshly chopped parsley. Pita on the side.

Notes

As featured on Good Chef Bad Chef with Adrian Richardson and Dr Preeya Alexander.

