Chickpea Delight



Preparation time: 30 mins

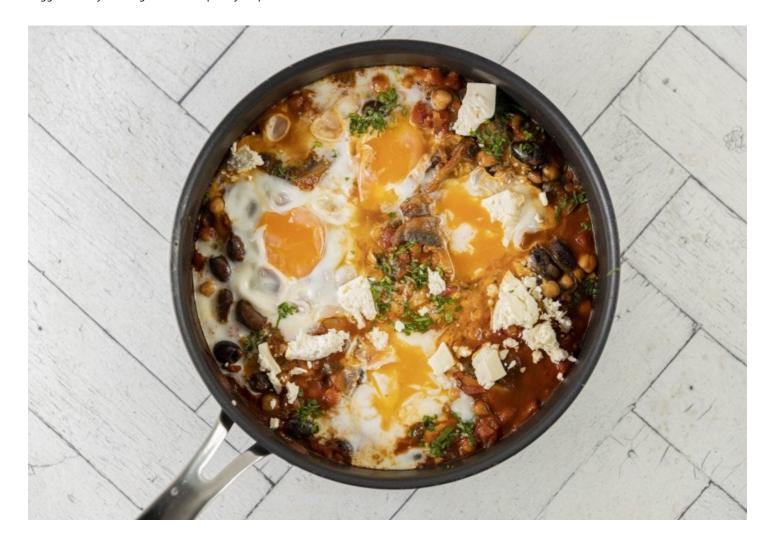
Serves: 4 people

User Rating: ★★★☆☆

Publication: 27 May 2022

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.

