

Healthy Gallo Pinto



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★☆☆☆

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian



Ingredients

- 1 tbsp olive oil
- 1 clove garlic
- 1/2 teaspoon cumin seeds
- 1/2 tsp smoked paprika
- 1/2 can chickpeas (rinsed)
- 2 spring onions
- 4 large eggs
- 1 cup cherry tomatoes
- 1/4 bunch fresh herbs
- 1/4 cup green leaves
- 1 lime, half sliced, half juiced

Method

- 1. Cook the garlic and cumin in olive oil over a medium heat until fragrant.
- 2. Stir in the chickpeas, cooking for 5 minutes.
- 3. Meanwhile, make a salsa by quartering the tomato and mixing with 1/2 the lime juice and fresh herbs. Season with salt and pepper.
- 4. Finely slice the spring onions and add into the chickpeas along with the paprika, stir and cook for 2 more minutes.
- 5. Separately, whisk the egg, season well, and cook in a non-stick frypan over a low-medium heat for a few minutes (or to your liking).
- 6. Serve the crispy chickpeas with a few spinach or kale leaves, topped with an egg and salsa.
- 7. Squeeze over remaining lime and enjoy.

Nutritional Information

| | | | | | | | | |
|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 261g | 1320kJ 315kcal | 19.2g | 20.6g | 4.3g | 10.6g | 2.5g | 334mg | 5.6g |
| | | | | | | | | |
| Vitamin D | | | | | | | | |
| 6.8µg | | | | | | | | |

All nutrition values are per serve.