

Poached Egg Fattah Bowl



Preparation time: 25 mins

Serves: 2 people

User Rating: ★★★★★

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We asked a few of your favourite recipe developers to come up with a bunch of recipes you can easily make at home for less than \$5 per serve! This recipe comes from Masterchef favourite Hoda Hannaway.



Ingredients

- 2 loaves of Lebanese bread, toasted or fried and broken into chips
- 1 can chickpeas, rinsed and drained

For the yoghurt layer

- 1.5 cups plain Greek style yoghurt
- 1 tbsp tahini
- 2 cloves garlic, minced
- Salt to taste

For the meat layer

- 250g Beef or Lamb mince
- 1 tbsp Lebanese 7 spice mix
- Salt to taste
- 4 Large Eggs
- 2 cups water
- ½ cup white vinegar

To serve

- Fresh or dried parsley

Method

1. Prepare the Yoghurt layer by mixing all of the ingredients together in a medium bowl until well combined. Set aside until needed.
2. For the meat layer, in a medium frypan place Beef or Lamb and cook over medium high heat until crumbled and browned. Add Lebanese 7 spice mix and salt to taste. Set aside until needed.
3. For the eggs, in a medium saucepan bring water and vinegar to a light simmer. Crack eggs one at a time in a ramekin and drop each egg in a separate part of the saucepan. Cook for approximately 4 mins or until cooked to your liking.
4. To layer the fattah, spread toasted bread on the base of a plate, top with chickpeas, then yoghurt, followed by meat and finally the poached eggs. Sprinkle some fresh or dried parsley and serve.