

# Easy Tunisian Eggs



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Vegetarian, Meals for One



## Ingredients

- 2 tbsp extra virgin olive oil
- 1 lemon, juiced
- 1 x 400g can chickpeas, drained (liquid reserved)
- 2 tbsp tahini
- ¼ tsp cinnamon
- ½ tsp ground cumin
- ½ red onion, thinly sliced
- 200g cherry tomatoes, halved

- 1 cup flat leaf parsley, coarsely chopped
- 1 tbsp sumac (available from the spice section of supermarkets)
- 4 eggs
- 4 slices sourdough, toasted

Method

1. To make dressing, mix 2 tsp of the olive oil with half the lemon juice and set aside. Place the drained chickpeas in a small saucepan and cover with water and bring to the boil. Remove from heat and drain. Put into the bowl of a food processor along with remaining olive oil, tahini cinnamon, and cumin. Process until smooth.
2. If necessary, add a little of the reserved liquid for the chickpeas if the hummus appears to be too thick. Combine the onion, tomatoes, parsley, half the sumac and the dressing in a bowl, tossing gently Poach the eggs in simmering water until cooked to your liking. Drain well.
3. Spread 1 tbsp of the hummus onto each piece of toast and top with a poached egg. Top with the onion and tomato salad and sprinkle with remaining sumac.

Notes

keep left over hummus to serve with an Egyptian style breakfast along with hard boiled eggs, tomato wedges, black olives and flat bread

Nutritional Information

|              |                   |         |           |               |               |               |        |       |
|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy            | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 327g         | 1800kJ<br>430kcal | 18.3g   | 22.4g     | 3.5g          | 31.4g         | 3.9g          | 788mg  | 13.8g |

All nutrition values are per serve.