

# Turkish Bread with Spicy Lamb and Eggs



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

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## Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely diced
- 2 garlic cloves, crushed
- 1 large red capsicum, deseeded, finely diced
- 1 tablespoon Moroccan seasoning
- 2 teaspoons smoked paprika

2 teaspoons ground cumin

750g lamb mince

1 lemon, finely grated rind and juice

1 bunch coriander, sprigs removed

430g Turkish loaf, split in half

2 tablespoons toasted pine nuts, plus extra to serve

Olive oil cooking spray

8 eggs

1 lemon, cut into wedges

## Method

1. Heat oil in a large deep frying pan over medium heat. Add onion, garlic and capsicum. Cook for 10 minutes or until softened. Stir in Moroccan seasoning, paprika and cumin. Cook for 1 minute or until aromatic. Add mince and cook, for 10 minutes, until browned, stirring constantly with a wooden spoon to break up mince. Add lemon rind, lemon juice, salt and pepper. Cool. Roughly chop 2/3 of coriander and stir through mince.
2. Place one half of the Turkish loaf onto a large baking tray, cut side up. Spray with olive oil. Spread mince mixture evenly over the bread. Sprinkle with the pine nuts. Make 4 indentations into mince and break an egg into each indent. Repeat with remaining loaf, mince, pine nuts and eggs. Spray loaves with olive oil and bake for 25 minutes or until egg whites are just cooked (eggs will continue to cook on standing).
3. Cut loaves into pieces and serve sprinkled with remaining coriander sprigs, the extra pine nuts and with lemon wedges on the side.

## Notes

For a lower-carb option, you can swap the Turkish loaf for a cooked grain like quinoa or serve in lettuce cups.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>591g</b>	<b>3850kJ</b> <b>920kcal</b>	<b>67.4g</b>	<b>43g</b>	<b>9.9g</b>	<b>58.7g</b>	<b>10.4g</b>	<b>885mg</b>	<b>11g</b>

All nutrition values are per serve.