

COGHLANS
COOKERY SCHOOL

Spicy Baked Eggs With Tomatoes & Chickpeas

Serves 2

Ingredients

3 tbsp extra virgin olive oil

2 garlic cloves, finely chopped

Leaves from 2 thyme sprigs

200g tinned chickpeas, drained and rinsed

100g spinach leaves

200g passata or tinned chopped tomatoes

2 tsp harissa paste

1 tsp dried chilli flakes

2 eggs

1 tsp sumac

Sea salt & freshly ground black pepper

Method

Pre heat the grill to medium.

Heat 2 tablespoons of the olive oil in a large ovenproof frying pan, add the garlic and thyme leaves and sauté for 2 minutes, until the garlic has softened but not burnt.

Add the chickpeas and harissa paste and sauté for a further 2 minutes, then stir in the spinach and passata or chopped tomatoes and bring to a simmer. When the mixture starts to simmer, carefully crack the eggs over it so they neatly sit on top.

Simmer for 2 minutes, then transfer the pan to the preheated grill and cook for 2 – 3 minutes, until the egg whites are cooked but the yolks are still runny (keep an eye on it to make sure the eggs don't overcook).

Remove from the grill, drizzle with the remaining olive oil, sprinkle with the sumac and season with salt and pepper.

For more details on our range of cookery classes available, please contact Lisa or Pauline

Tel : 01246 45 31 31

Email : food@cookingexpert.co.uk

Website : www.cookingexpert.co.k

Coghlan's at Stancliffe Hall

Whitworth Road

Darley Dale

DE4 2HJ
