

Persian Baked Eggs with Lentils & Spinach



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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A delightful fusion of flavours is packed into every bite of these Persian Baked Eggs. Created by Dr. Joanna McMillan and featured in the hit show **Good Chef Bad Chef**, this tantalising dish brings together the warmth of Persian cuisine with the wholesome goodness of nutritious ingredients.

Savour the earthy richness of lentils, simmered to perfection and infused with the subtle nuances of traditional spices. Then, marvel at the vibrant green hues of fresh spinach, delicately wilted to add a touch of freshness and texture to each bite. Finally, behold the crowning glory: gently baked eggs, their yolks a velvety golden treasure waiting to be discovered. Delicious and nutritious, this meal is the perfect midweek dinner option.



Ingredients

- 2 Tbsp extra virgin olive oil
- 1 red onion, diced
- 1 red capsicum, diced
- 1 fresh red chilli, sliced
- 3 garlic cloves, finely chopped

- 1 tsp ground cumin
- 2 tsp paprika
- 4 x tomatoes, diced (or 1 can tomatoes)
- 1 Tbsp tomato paste
- 1 can lentils, drained & rinsed
- Fresh black pepper
- 120g baby spinach
- 8 eggs

To Serve

- 120g feta
- Dukkah
- 1 Tbsp coriander, chopped
- Toasted wholemeal sourdough (optional)

Method

1. Preheat the oven to 180°C.
2. Heat the extra virgin olive oil in a frying pan over moderate heat. Add the onion, capsicum, chilli, garlic, and sauté for 3-4 minutes until the onion is translucent.
3. Add the cumin, paprika, tomatoes and tomato paste. Simmer for about 10 minutes. Add the beans and fold through the spinach.
4. Divide the sauce between 4 oven-proof individual baking dishes. Crack 2 eggs onto the top of each dish. Bake for 10-15 minutes, or until the eggs are set to your liking.
5. Crumble the feta over the top of each dish, sprinkle over some dukkah and scatter with fresh coriander. Serve immediately with toasted wholemeal sourdough (optional).