

# SPICY MOROCCAN EGGS

## Ingredients

- 2 tsp rapeseed oil
- 1 large onion , halved and thinly sliced
- 3 garlic cloves , sliced
- 1 tbsp rose harissa
- 1 tsp ground coriander
- 150ml vegetable stock
- 400g can chickpea
- 2 x 400g cans cherry tomatoes
- 2 courgettes , finely diced
- 200g bag baby spinach
- 4 tbsp chopped coriander
- 4 large eggs

## Method

🥄 Heat the oil in a large, deep frying pan, and fry the onion and garlic for about 8 mins, stirring every now and then until they start to turn golden.

🥄 Add the harissa and ground coriander, stir well, then pour in the stock and chickpeas with their liquid. Cover and simmer for 5 mins, then mash about one-third of the chickpeas to thicken the stock a little.

🥄 Tip the tomatoes and courgettes into the pan, and cook gently for 10 mins until the courgettes are tender. Fold in the spinach so that it wilts into the pan.

🥄 Stir in the chopped coriander, then make 4 hollows in the mixture and break in the eggs. Cover and cook for 2 mins, then take off the heat and allow to settle for 2 mins before serving.

