



Egg with Chickpeas (OP I)

Serving: 1

Non Veg

Ingredients

- onion - 1/4 chopped
- garlic - 1 chopped
- olive oil - 1 tsp
- 1 tsp tomato ketch up
- chick pea - 50- grms boiled
- oregano - 1/4 tsp
- red chilli flakes - 1/4 tsp
- Palak (spinach) - 15-20 leaves
- Eggs - 2
- Parmesan cheese - 1 tsp optional
- Parsley - 1 tsp

Preparation Method

- Heat the olive oil in a large skillet over medium-high. Add the onion and garlic and cook, stirring often, about 3 minutes.
- Stir in the chickpeas, tomato sauce, oregano, salt, and red chilli flakes
- Bring to a simmer and let cook until slightly thickened, about 3 minutes.
- Stir in the spinach, letting it wilt. With the back of a spoon, make 4 indentations in the sauce.
- Crack one egg inside of each, then sprinkle the Parmesan cheese over the whole dish.
- Cover and cook until the egg whites are set but the yolks are still soft, 10 to 12 minutes.