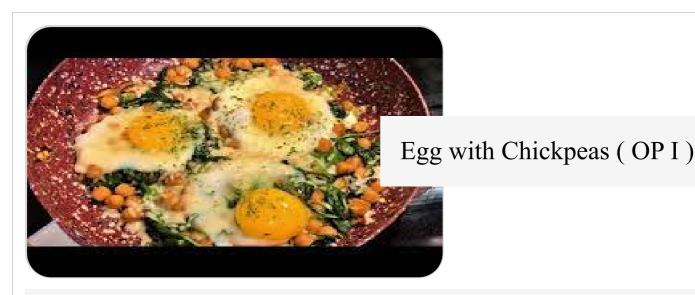


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



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 oneegg inside of each, then sprinkle the Parmesan cheese over the whole dish.
- Cover and cook until theegg whites are set but the yolks are still soft, 10 to 12 minutes.