

Baghdad Eggs with Quinoa



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 2 cups cooked quinoa
- 40 g butter
- 1 clove garlic, minced
- 2 teaspoons ground cumin
- 1 lemon juice
- 2 tablespoon fresh mint, chopped
- 8 eggs
- 1 cup grated Parmesan cheese

- Toasted flatbread

Method

1. Preheat oven to 180oCelcius.
2. Lightly grease 4 x 1 cup capacity baking dishes with a little butter.
3. Divide the cooked quinoa between the four dishes. Crack two eggs into each dish.
4. In a small pan, melt the butter until it stats to foam, add the garlic, and cook for 30 seconds, until just changing colour. Add cumin, lemon juice and mint. Season.
5. Pour all over egg dishes. Sprinkle with cheese. Place in to the oven for 12 minutes, cooking longer if firmer eggs are required.
6. Serve immediately with toasted flatbread.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
227g	2420kj 578kcal	32.7g	32.3g	14.9g	35.7g	4.2g	906mg	5.3g

All nutrition values are per serve.