

Quinoa, Spinach & Egg Bake



Preparation time: 60 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 30 June 2014

Categories: Dinner Recipes, Lunch Recipes, Vegetarian

If you're after a simple baked lunch you can prepare ahead or an easy family dinner that everyone will love, our Quinoa, Spinach & Egg Bake has you covered.



Ingredients

- 8 eggs
- 1 tbsp olive oil
- 310ml (1 ¼ cups) skim milk
- 2 garlic cloves, crushed
- 1 tsp chopped fresh thyme
- 120g (4 cups) spinach, roughly chopped, plus extra leaves to serve

- 2 cups cooked quinoa (see Tips)
- Pinch of pepper
- Pinch of nutmeg
- 50g (1/2 cup) grated reduced-fat cheese
- 200g cherry truss tomatoes
- Olive oil spray
- Large salad, to serve

Method

1. Preheat oven to 180°C/160°C. Drizzle olive oil into a 20cm (8-cup capacity, 7cm deep) round baking dish (see Tips) and swirl around to coat evenly.
2. In a bowl, whisk together the eggs, milk, garlic, thyme, salt, pepper and nutmeg.
3. Add quinoa and spinach into the baking dish and pour over the egg mixture, stirring gently to combine. Cover with a lid or foil and bake until just set for around 30 minutes. Remove lid, sprinkle with cheese and bake uncovered for a further 15 minutes or until golden. Set aside to cool.
4. Heat a frying pan, spray with olive oil. Add cherry tomatoes and cook, stirring for 3-4 minutes or until slightly softened. Serve bake topped with extra spinach leaves and tomatoes and a large salad.

Notes

TIP: Quinoa can be replaced with cooked brown rice. For ease of serving, you can bake this in a 20cm springform cake pan.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
373g	1540kJ 368kcal	24.7g	18.3g	4.9g	23.5g	7.7g	367mg	4.9g