



Fried Eggs with Curried Chickpeas

20 minutes

Hands on

4

Portion(s)

2

Difficulty



Ingredients

- 1 clove of garlic
- 3 tablespoons Greek strained yogurt
- juice from ½ a lemon
- 2 x 400 g can of chickpeas or 200 g dried chickpeas, soaked and boiled
- 500 g boiling water, combined with a vegetable bouillon cube
- 150 g frozen spinach, defrosted
- 2-3 tablespoons curry powder
- 12 black olives, pitted
- 4 eggs
- a handful of parsley leaves + extra for garnish

Method

- If using dry chickpeas, put them in a bowl. Add enough cold water to cover them. Add a pinch of salt. Cover with plastic wrap and allow to soak overnight.
- When ready, drain and rinse under cold running water.
- Boil in a [pot](#) with plenty of water for at least half an hour over medium to low heat. Do not add any salt.
- Do not cook them all the way through, just until al dente since they will cook further before the recipe is complete.
- Mince the garlic and put in a bowl. Add the yogurt and lemon juice. Stir. Season with salt and pepper and set aside.
- Drain the chickpeas and rinse with water. Put them back in a pot. Add the water with the diluted bouillon cube. Bring to a boil and simmer for 5 minutes over medium heat. Drain again and put back in the pot. Add the spinach and curry powder. Finely chop the parsley and add ¾ of it to the chickpeas. Stir.
- Cut the olives into slices and add to the pot.
- Fry the eggs in a [pan](#) with some olive oil, over medium heat.
- Divide the chickpea mixture between 4 plates and top with a fried egg over each plate.
- Season to taste and garnish with the remaining parsley. Serve with yogurt on the side.

Διατροφικός πίνακας

Nutrition information per portion

431 Calories (kcal)	19.0 Total Fat (g)	4.1 Saturated Fat (g)	34.0 Total Carbs (g)
22%	27%	21%	13%
3.8 Sugars (g)	25.0 Protein (g)	12.0 Fibre (g)	0.74 Sodium (g)
4%	50%	48%	12%