

triple recipe.
Add finely chopped celery,
use garlic chives finely
chopped.

TRIPLE RECIPE - add finely chopped celery

Baked eggs with tomato, herbs and spinach

Serves 4 at home or 8 tastes in the classroom

Fresh from the garden parsley, onions, garlic, spring onions, spinach, eggs, mint

We used my homemade tomato relish for this recipe, and presented the baked eggs on the beautiful wooden boards made by the woodwork class.

Equipment

non-stick frying pan	bowls - 4 small
metric measuring spoons	salad spinner
wooden spoon	dishes - 4 small
mortar and pestle	aluminium foil
chopping board	heatproof board or mat
knives - 1 small, 1 large	large serving spoon
tea towel	

Ingredients

1 teaspoon coriander seeds	1 x 500 g jar tomato relish, or 1 x 400 g can chopped tomatoes
1 teaspoon cumin seeds	1 teaspoon paprika
10 stalks parsley	8 small pita bread rounds
1 small onion	4 eggs
1 clove garlic	6 mint leaves
2 spring onions (scallions)	freshly ground black pepper
1 handful spinach leaves	
1 tablespoon extra-virgin olive oil	

What to do

* Preheat the oven to 150°C. Place the frying pan over a medium heat. Tip in the coriander seeds and stir with the wooden spoon until they start to smell fragrant. Tip the seeds into the mortar. Add the cumin

the toasted seeds to a coarse powder and set aside until later.

* Set out the chopping board and knives. Rinse the parsley, dry by rolling in the tea towel, chop, then place in a small bowl. Peel and dice the onion. Peel the garlic and chop finely. Trim the outside layer from the spring onions and cut off the tops, then slice the spring onions finely. Place the onion, garlic and spring onion in a small bowl.

* Rinse the spinach leaves and dry in the salad spinner. Roll the leaves into a loose bunch, then shred using the large knife.

* Heat the oil in the frying pan over a medium heat. Add the onion, garlic and spring onion and stir with the wooden spoon until the onions are well softened. Open the relish or canned tomatoes and tip the contents into the pan. Add the paprika and cook until the tomato is bubbling and starting to thicken. Drop the shredded spinach leaves into the pan and stir.

* Place the pita bread rounds on the oven rack to warm through. This should take 5-8 minutes.

☺☺ * Break an egg carefully into a small dish. **Make a hole in the tomato sauce and slide the egg into the hole.** Repeat with the remaining eggs. Cover the pan with a sheet of foil and cook for 3 minutes.

* Uncover the pan and scatter with the chopped parsley and torn mint leaves. Grind over some black pepper. Place the board or mat on the table. **Take the pan from the stove and place on the table.** Using the large serving spoon, serve onto plates. Use the warmed pita bread for scooping up the sauce.