

Spanish Eggs



A delicious quick and easy vegetarian meal. If you like, you can change up the salad for another – check out our selection on pages 158 to 187. You can also add chorizo for a Spanish boost – simply slice the chorizo into 1 cm pieces and add to the eggs with the halloumi and olives.

Serves	4	Per serve	
Prep time	10 minutes	Carbs	8.2 g
Cook time	10 minutes	Protein	21.7 g
Difficulty	●●●	Fat	44.8 g
		Energy	523 Cal

INGREDIENTS

For the Spanish eggs:
6–8 eggs (any size)
1 tsp smoked paprika
½–1 tsp ground turmeric
½ cup cream
small bunch of parsley leaves
and stalks, chopped
1 tsp salt
freshly ground black pepper
1 tbsp butter
100 g halloumi (½ a 200-g pack)
1 punnet cherry tomatoes
½ cup pitted olives
(Kalamata are perfect)

For the salad:
1 tsp mustard (any variety)
1 tsp apple cider vinegar
2 tbsp extra virgin olive oil
½ red onion, finely sliced
2 tbsp pumpkin seeds
1 bag baby spinach leaves (about
150 g), washed if necessary

METHOD

Pre-heat your oven grill to high.

Crack the eggs into a large bowl. Add the paprika, turmeric, cream, parsley, salt and a few twists of pepper and whisk until smooth and well combined.

Heat the butter in a large frying pan (oven-proof and non-stick is ideal) over a medium-high heat. Pour in the egg mixture and cook, without stirring, for 2–3 minutes, then remove from the heat. It will still be slightly runny on top.

Slice the halloumi into small pieces, and the cherry tomatoes in half. Arrange the olives, halloumi and tomato on top of the eggs, then place under the hot grill for 4–5 minutes until the eggs have fluffed up and the halloumi is golden.

While the Spanish eggs are grilling, prepare the side salad. In a large bowl, whisk the mustard, vinegar and oil until combined, then add in the sliced red onion, pumpkin seeds and spinach. Toss well and season to taste with salt and pepper.

To serve, place a slice of the Spanish eggs on a plate and add salad on the side. Grind some more black pepper over the eggs.

