



Recipe of the Week

BAKED EGGS WITH SILVERBEET, HARISSA & BEANS

Perfect for breakfast, brunch, or Sunday night supper

Ingredients

4 large leaves silverbeet
Olive oil
4 cloves garlic, sliced
2 tabspn harissa paste
1 x 400g tin cherry tomatoes (or fresh)
2 tabspn paprika
1 x400g tin borlotti beans
8 eggs
Salt & pepper

Method

1. Pre-heat the oven to 200C degrees on grill.
2. Take the white stalk part of the silverbeet and slice finely. Add to a large frying pan or flameproof casserole over a medium heat with a little olive oil and the garlic.
3. Fry gently for several minutes until the garlic is fragrant, then add the harissa paste and fry for a minute or so until it is starting to caramelize and is smelling wonderful – but take care not to let it burn.
4. Add the cherry tomatoes and paprika, and bring to a simmer.
5. Slice the remaining green part of the silverbeet and stir into the mix with the beans and seasoning to taste.
6. Make hollows in the mixture and drop in the eggs. Pop into the oven to grill until the eggs are just beginning to set but are still runny in the yolk – it should take no more than 4-5 minutes.

Recipe courtesy Sam Mannering, NZ Gardener, 2020 Garden Diary