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from iftar to suhoor .."*



## *Egg Chickpea Breakeie*

### INGREDIENTS:

- 2 cans of California Garden Chickpeas
- 3 tbsp olive oil
- 6 eggs
- 3 cups spinach
- ½ tsp Cajun seasoning
- 3 cloves garlic, sliced
- Salt & Pepper to taste
- Fresh parsley, chopped for garnish

### PREPARATION:

- Heat olive oil in a skillet and add the garlic slices. Cook until just fragrant.
- Add chickpeas and spinach, sprinkle with salt, pepper and Cajun seasoning and cook for approx. 3 minutes.
- Crack the eggs on top of the mixture. Cook for 3-5 minutes, until the egg whites are cooked but your egg yolks are still runny
- Sprinkle with parsley leaves and some cracked pepper on top and serve with toast



Serving size  
4-6 across



Preparation Time  
50 Min



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