

chickpea & courgette eggah omelette

cracking meals
under £1 per portion



Preparation: 10 mins

Cooking: 15-20 mins

Serves 4

30ml/2 tbsp oil

1 onion, thinly sliced

1 courgette, thinly sliced

1 (400g) can chickpeas, drained

1 clove garlic, crushed

½ tsp chilli flakes

½ tsp ground cumin

45g/3 tbsp freshly chopped flat parsley

6 large British Lion eggs

1. Heat the oil in a medium non-stick frying pan, add the onion and sauté over a medium heat for 6-8 mins or until golden brown. Add the courgettes, increase the heat and sauté for 2 mins until softened.

2. Stir in the chickpeas, garlic, spices and parsley and stir fry for 2 mins until hot. Beat the eggs with 30ml/2 tbsp water and add to the pan. Cover the pan with a lid or tray, then cook over a medium heat for 3-4 mins or until the surface is almost set.

3. Sprinkle over the cheese, pop the pan under a hot grill and cook for a further 2-3 mins or until the top is golden and the centre is set. Serve warm or cold in wedges with harissa sauce and a tomato salad.

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