

Harissa vegetable and egg tray bake



Ballarat Health Services

Ingredients

2 tablespoons extra virgin olive oil
3 garlic cloves, sliced
3 teaspoons harissa Middle Eastern spice blend
500g Kent pumpkin, peeled, cut into 3cm pieces
1 zucchini, cut into 1cm slices
1 red capsicum, cut into 3cm pieces
4 red radishes, trimmed, halved
1 carrot, cut into 1cm slices
100g green beans, trimmed
400g can black eye beans, drained, rinsed
4 eggs
Fresh flat-leaf parsley leaves, to serve
Crusty bread, to serve
Lime wedges, to serve



Method

Step 1 Preheat oven to 220°C/200°C fan-forced. Grease a large shallow baking dish.

Step 2 Combine oil, garlic, spice blend, pumpkin, zucchini, capsicum, radish, carrot and green beans in prepared dish. Bake for 20 minutes or until starting to char.

Step 3 Sprinkle over black eye beans. Make 4 indents in the vegetables. Crack 1 egg into each indent. Bake for a further 5 to 8 minutes or until eggs are cooked to your liking and black eye beans are hot. Sprinkle with parsley. Serve with crusty bread and lime wedges.

Vegetables are the Hero here!

Source: www.taste.com.au