

### **Baked spinach, eggs, chickpeas and pine nuts**

Serves 1, takes 25 minutes

I had something very similar to this out at brunch last year. I quizzed the chef and my subsequent home trial came out pretty well. The ideal receptacle would be a shallow, plate-sized casserole dish, so you could eat straight out of the pan rather than having to grapple with turning it out. Delicious as is, or with a side of sourdough or roasted cubes.

- \* Spinach – 300g, washed
- \* Olive oil - a couple of glugs
- \* Chickpeas – A handful, cooked
- \* Eggs – 2
- \* Pine nuts – A handful
- \* Paprika - a generous pinch

Preheat the oven to 220 degrees C.

Pack the spinach into a colander and slowly pour a kettle-full of boiling water over the leaves to wilt them. Squeeze out as much of the water as possible with the back of a spoon (careful of the steam) and then press the spinach into the bottom of a small oven dish.

Scatter the chickpeas on to the spinach, drizzle a glug of olive oil over the top and season well with salt and pepper. Bake in the oven for 10 minutes.

Remove the dish from the oven and reduce the heat to 200 degrees C. Make two indentations in the surface of the spinach using the back of a spoon, then crack an egg into each one. Scatter over the pine nuts, sprinkle some cayenne pepper and salt over the eggs and return to the oven for another 10 minutes, or until the eggs are just set. Serve immediately.

### **Broccoli, bulgur and preserved lemon**

Makes two portions, takes 20 minutes

The first time I made this (and took these pictures), I didn't roast the broccoli. Popping it in a piping hot oven for 10 minutes gives it a nice golden brown and crispy finish, but you can skip this step if you're short of time. This is a guide recipe - if you don't have all the ingredients, don't fret. Pecans, hazelnuts or roasted pistachios would all be good alternatives to sunflower seeds. Coriander, dill and mint all work well too. For something more substantial, add some goats cheese, or a smoked mackerel filet.

- \* Dark bulgur - 1/2 cup
- \* Broccoli - 1 head, chopped
- \* Olive oil - a couple of glugs
- \* Sumac - 1 tbsp (optional)
- \* Parsley - a handful, chopped
- \* Preserved lemon - 1/4, diced (optional)
- \* Lemon - juice of half
- \* Orange - zest of half
- \* Toasted sunflower seeds - a small handful (or other seed/nut)
- \* Dried cranberries - a handful

Preheat the oven to 230 degrees C.

Bring the bulgur to the boil with 1 cup of salted water or stock. Leave to simmer, covered, for ten minutes. Then remove from the heat and leave to steam for a few more minutes.

Meanwhile, boil the broccoli in plenty salted water for a few minutes, or until just tender. Strain, then place on a large roasting tray with a drizzle of olive oil. Season and sprinkle over the sumac. Place in the oven and bake for 10 minutes.

In a large bowl, mix the bulgur, preserved lemon, parsley, sunflower seeds, orange zest and cranberries. Add a glug of olive oil, some black pepper and the lemon juice. Mix well and check for seasoning.

Finally tip in the broccoli and toss to combine. Serve hot, warm or at room temperature.

### **Carrot, quinoa, apricot and hazelnut salad**

Makes two portions, takes 20 minutes

Another fruity, nutty salad. Of course you could use any sort of roasted vegetable here, or different sorts of seeds and nuts. This salad is also lovely with a tahini dressing - simply whisk equal quantities of tahini and water, then add a squeeze of lemon and a pinch of salt. A sprinkling of zatar would always be welcome.

- \* Carrots - about 500g, cut into batons
- \* Olive oil - a few glugs
- \* Paprika - a couple of pinches
- \* Quinoa - 1/2 cup
- \* Parsley - a large handful, chopped
- \* Toasted hazelnuts - a handful, chopped
- \* Dried apricots - a handful, chopped
- \* Lemon - juice of half

Preheat the oven to 220 degrees C.

Toss the carrots in olive oil, salt, pepper and paprika, then place in the oven and bake for 20 minutes.

Bring the quinoa to the boil with 1 cup of salted water or stock. Leave to simmer, covered, for fifteen minutes. Then remove from the heat and leave to steam for a few more minutes.

In a large bowl, mix the quinoa, carrots, parsley, hazelnuts and apricots. Add a glug of olive oil, some black pepper and the lemon juice. Mix well and check for seasoning.