

Spicy Baked Lentils with Eggs

1 ½ cups Puy lentils
4 tablespoons olive oil
1 red onion - sliced
1 red capsicum – sliced
1 teaspoon salt
1 tablespoon coriander seeds, toasted & ground
1 tablespoon cumin seeds, toasted & ground
½ teaspoon chilli flakes
½ teaspoon turmeric
1 cup fresh coriander, roughly chopped
6 eggs
¼ cup water

Wash the lentils in cold running water, drain and put in a large pot. Cover with water and bring to the boil. Simmer until tender, drain and set aside.

Preheat the oven to 180⁰C.

Use an ovenproof fry pan or gratin dish. Heat the olive oil over a medium heat; add the onion, capsicum and salt and sauté gently until soft.

Add the coriander seeds, cumin, chilli flakes (add more or less depending on how you like it) and turmeric.

Sauté for a few minutes, add lentils, stir well to combine then add most of the coriander leaves, leaving a little to garnish.

Off the heat, make evenly spaced hollows in the lentils with the back of a spoon and crack an egg into each (try to keep the yolks whole).

Season the eggs with salt, pepper & more chilli if desired.

Carefully pour over the water and place the dish in the oven.

Cook for 8-10 minutes for a soft baked egg, a little longer if you prefer your eggs well done.

Serve with Tzatziki (yoghurt dip), Harissa (North African chilli paste) and toasted flatbreads