

Chickpea and Mushroom Stew with Steamed Egg and Herbed Quinoa

1 small onion, finely diced
1 garlic clove, minced
1/8 tsp ground turmeric
1/2 tsp ground coriander
1/2 tsp ground cumin
1/2 tsp paprika
1/4 tsp harissa powder
1-2 TBL EVOO
1 tsp salt
Fresh Ground Pepper
1 can of chickpeas, strained
San Marzano tomatoes
1 cup chopped spinach

Eggs

1 cup Quinoa
Evo
Salt and pepper
Crushed garlic clove
Sprig of thyme
Plus parsley and more thyme

Lemon juice
Sliced Avocado
Cilantro

1 lb. cremini mushrooms, cleaned and stems removed, and quartered

Directions:

Preheat your CSO to steam mode at 212/210 F

Place the EVOO, onions, garlic, spices, salt, and pepper to a shallow steam pan. Cook for 10 minutes.

Sprinkle mushrooms with salt and pepper, place in a shallow pan. Cook for 10 minutes.

Place quinoa with aromatics (thyme, garlic, drizzle of evoo, salt and pepper) and 1 cup water (or stock) in a shallow steam pan. Cook for 20 minutes. Once it's cooked through, remove from the oven, fluff with a fork, and mix in parsley and thyme, season to taste.

After 10 minutes, remove the spice and onion mixture, add the crushed San Marzano tomatoes, herbs, a drizzle of EVOO, salt and pepper and place back in the oven for another 10 minutes

After 10 minutes, add the strained mushrooms and strained chickpeas, more EVOO, salt and pepper, then place in oven for 8 minutes. Along with the eggs, cracked into individual, lightly greased ramekins.

After 8 minutes, remove the eggs, top the chickpea mushroom stew with chopped spinach, drizzle of evoo, salt and pepper, and place back in the oven for 3-4 minutes to wilt the spinach.

Once everything is ready, adjust your seasoning one last time, add lemon juice, then plate with the quinoa on the bottom, topped with the stew, then sliced avocado and egg. Serve with pita, ENJOY!