

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