

Less than 30 minutes

Makes 4

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Ingredients:

- 2 punnets (200g each) mushrooms, sliced
- 3 Tbsp (45ml) olive oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- 5 sprigs fresh thyme
- 2 Tbsp (30ml) sesame seeds
- 1 Tbsp (15ml) smoked paprika
- ½ Tbsp (7ml) each cumin seeds and chilli flakes
- Juice (60ml) and grated peel of 1 lemon
- 1½ cups (375ml) plain double-cream yoghurt
- ⅓ cup (80ml) milk
- Handful baby spinach
- 4-8 eggs
- Salt and milled pepper
- Toasted pitas or crusty bread, for serving

Method

1. Fry mushrooms in a dry pan over high heat until well browned. Set aside.
2. Heat oil in the pan and sauté onion for 5-8 minutes or until golden.
3. Add garlic, thyme, sesame seeds, spices, lemon juice and peel.
4. Cook for 2 minutes, stirring often, to create a flavoured oil.
5. Remove from heat and cool slightly.
6. Combine flavoured oil with yoghurt and milk.
7. Layer yoghurt mixture, mushrooms and spinach into four 8cm ramekins.
8. Make an indent in the mixture with a spoon and break an egg (or two) into each.

Season.

9. Bake for 8-12 minutes at 170°C until egg white is cooked.
10. Serve warm with pitas or bread on the side.

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