**Green Shakshuka**

Traditionally a middle eastern dish made with peppers, tomatoes and eggs, this delicious green alternative uses plenty of seasonal green vegetables, cumin, herbs and feta. A brilliant speedy option for brunch or dinner.

Serves 2

Preparation time: 15 minutes

Cooking time: 12 minutes

1 tsp cumin seeds

1 tsp coriander seeds

2 spring onions, finely sliced

1 celery stalk, finely sliced

1 leek shredded or finely sliced

1 clove of garlic chopped

1tbsp olive oil

100g chopped kale (large stems discarded)

1 courgette, chopped

Juice of 1/2 lemon

4tbsp vegetable or chicken stock

Handful of baby spinach leaves

4 free-range eggs

Handful of mint leaves, chopped

Handful of coriander leaves, chopped

30g feta cheese, cubed

2tbsp natural yogurt

Salt and Black pepper to taste

1. In a large frying pan, toast the cumin and coriander seeds for 1 to 2 minutes, or until golden and fragrant. Transfer to a pestle and mortar and bash until fine.
2. Add the olive oil to the frying pan and fry the spring onion, leeks, celery and garlic over a medium-low heat until softened, about 3 minutes. Stir in the spices. Add the kale and courgette to the pan with the lemon juice and vegetable or chicken stock. Stir until the kale wilts, about 2-3 minutes.
3. Add the spinach and cook for a further 2 to 3 minutes, or until the spinach has wilted.
4. Crack the eggs into the pan. Cover the pan and cook the eggs until the whites turn opaque, about 4-5 minutes.
5. Scatter over the herbs, feta and a drizzle of yogurt and season with salt and black pepper.
6. Best served straight away.

Nutritional information per serving

Calories 243kcal, Fat 13.9g, saturates 4.8g, Carbohydrates 5.1g sugar 4.5g, Fibre 5.9g, Protein 21.2g, Salt 1g