



Dukkah asparagus eggs

Prep time: 10 mins

Cook time: 25 mins

Serves: 4

Ingredients

1 cup (200 g) white quinoa, rinsed

1 $\frac{3}{4}$ cup (430 ml) water

4 eggs, shells rinsed well

170 g asparagus, trimmed and halved crossways (spinach or avocado as an alternative)

1 tbs extra virgin olive oil

2 tbs pistachio dukkah – Egyptian spice mix (see note below)

300 g baby spinach, washed well

1 avocado, sliced thinly

Tahini dressing:

$\frac{1}{2}$ cup (70g) unhulled tahini

1 tbs extra virgin olive oil

$\frac{1}{4}$ cup (60ml) lemon juice

2 tbs water

Method

1. Place quinoa and the water in a saucepan, bring to the boil. Reduce heat to low, simmer covered for 12 minutes or until water is absorbed and quinoa is tender. Remove from heat and stand, covered for 5 minutes.
2. Meanwhile, cook eggs in a saucepan of boiling water for 6 minutes for soft-boiled or until cooked to your liking. Remove with a slotted spoon, cool under running water. Return water to the boil. Cook asparagus for 3 minutes, drain. Cut asparagus in half diagonally.
3. Make tahini dressing by whisking all the ingredients in a small bowl until combined and emulsified, season to taste
4. Peel eggs, place in a bowl, drizzle with oil. Place dukkah in a small bowl and roll eggs in dukkah to coat.
5. Divide quinoa, asparagus, and eggs between four bowls and drizzle with tahini dressing, season to taste

Keeps well in an airtight jar in a cool, dark place for up to one month.

Perfect with roasted vegetables or sprinkled over poached eggs.

Pistachio Dukkah

Dukkah is available in different forms from supermarkets and delis, any variety is suitable for this recipe or make your own. Alternatively, roll the eggs in toasted sesame seeds mixed with a little ground cumin.

Makes: 1 cup

¼ cup (40g) sesame seeds

½ cup (75g) pistachio kernels, finely chopped

3 tsp ground coriander

3 tsp ground cumin

½ tsp freshly ground black pepper

1 tsp salt

Method

1. place the sesame seeds in a medium non-stick frying pan over medium heat. Cook, stirring often, for 5 minutes or until toasted and golden
2. add the pistachio, coriander, cumin and pepper, cook, stirring, for 1 minute or until aromatic. Stir in the salt and set aside to cool.