SPANISH · BREAKFAST · LUNCH

# High-Protein Spanish Scrambled Eggs with Chickpeas

20 min · Serves 4 · 341 kcal a serve · Video 6:45 · Spain on a Fork

Gluten-free ingredients · No nuts listed

Eggs and chickpeas give 18 g protein and 7.5 g fibre a serve, and the peppers and spinach make it rich in vitamins A, C and K — the fibre and protein slow down the carbs from the chickpeas.

**Diet notes:** Vegetarian with a vegetarian hard cheese instead of the manchego cheese (traditionally made with animal rennet).

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## Ingredients 14 · SERVES 4

- [ ] 1 small **onion**, finely chopped
- [ ] 4 cloves **garlic**, roughly chopped
- [ ] 1 **red bell pepper**, finely chopped
- [ ] 1 **green bell pepper**, finely chopped
- [ ] 100 g **fresh spinach**, roughly chopped
- [ ] 1 × 440 g can **chickpeas**, drained and rinsed (about 350 ml)
- [ ] 6 large **eggs**
- [ ] **sea salt**, for the eggs and the vegetables
- [ ] **freshly cracked black pepper**
- [ ] a generous 2 tbsp (35 ml) **extra-virgin olive oil**
- [ ] ½ tsp (1.25 g) **sweet smoked Spanish paprika**
- [ ] 1 tsp (1 g) **dried oregano**
- [ ] 2 tbsp (12 g) finely grated **Manchego cheese**
- [ ] **fresh parsley**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Finely chop the onion, roughly chop the garlic, finely chop both bell peppers and roughly chop the spinach. 0:48
2. Drain and rinse the chickpeas. Crack the eggs into a bowl, season with a little salt and pepper and whisk well. 1:18
3. Heat a large non-stick pan over medium heat with the olive oil. After a minute add all the chopped vegetables except the spinach and sauté 4–5 minutes, stirring often. 2:08
4. Stir in the smoked paprika and oregano so they coat the vegetables. 2:48
5. Add the spinach and stir about 1 minute until wilted, then add the chickpeas, season with salt and pepper and mix gently so they don't break. 3:22
6. Lower the heat to medium-low, pour in the eggs and keep stirring 2–3 minutes until just cooked through — don't overcook or they turn rubbery. 4:08
7. Tip into a serving dish and finely grate the Manchego over the top; garnish with parsley if you like. 4:37

> **Tip** Frozen spinach works if fully thawed and squeezed dry. Any hard cheese can replace the Manchego. The cook's card gives 4 servings of about 296 kcal.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 341 kcal | 18 g | 27 g | 7.5 g | 19 g | 660 mg |
| 1,430 kJ | 36% of a day | 19 g net · 7.5 g sugars | 27% of a day | 4.3 g saturated | 29% of a day |
| | | 10% of a day | | 24% of a day | |

**Energy from** net carbs 24% · protein 23% · fat 53% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin K 126% · Vitamin C 100% · Folate 54% · Selenium 49% · Vitamin B12 36% · Vitamin A 35% · Vitamin B6 29% · Vitamin E 23% · Iron 22% · Zinc 21%

**Source of** (10–19%) Magnesium 17% · Potassium 13% · Omega-3 13% · Calcium 11%

**Recipe and video:** Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=rxOJZa4S63g, published 26 October 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/spanish-scrambled-eggs-chickpeas-spinach