

Category of dish Breakfast – Medium Calorie Cooking accessories
Wire rack,
Ovenproof dish
with lid

Nutrition facts Energy (Kcal): 326 Protein (g): 27.7 Carbohydrate (g): 9.0 Total fat (g): 9.5

Tips

You can add harissa paste to the sauce for extra spiciness and a very authentic taste.

We recommend to eat with grilled flatbreads or, for a lighter version, with puffed rice crackers.

For 4 servings

INGREDIENTS

Greens:

500 g green Swiss chard 1 bunch fresh coriander, 25 g ½ bunch fresh dill, 12 g

Sauce

20 g serrano chillies, seeds removed, chopped 1 tsp ground cumin 1 tsp smoked paprika ¼ tsp ground cinnamon ¼ tsp ground coriander seeds 100 ml water 60 ml olive oil 1 tsp salt, 5 g

For the stir-fry:

2 tbsp olive oil, 24 ml 200 g onions, sliced

Eggs: 4 eggs

Garnish: 1 tsp salt, 5 g 1 tsp chilli flakes

PREPARATION

- 1. Rinse the chard, coriander and dill under cold water and shake dry. Remove ribs and stems from the chard, set aside.
- Separate 3 sprigs of coriander and dill for garnish, leaves only. Set aside.Roughly chop the rest of coriander and dill, with stems and set aside for making the sauce.
- Place the chard leaves in an ovenproof dish and cover.
 Cook as indicated
- 4. Immediately cool down completely under cold water. Drain and squeeze out excess water.
- Coarsely chop the chard leaves and transfer to a blender.
 Add chopped coriander, chopped dill and all ingredients for the sauce and purée until smooth and season with salt.
- 6. Slice the ribs of the chard crosswise into 0.2 cm thick slices.
- Combine olive oil and sliced onions in an ovenproof dish. Cook as indicated.
- 8. Add the sliced chard ribs and cook as indicated.
- 9. Pour in sauce and mix. Use a spoon to create 4 small wells and crack an egg into each well. Bake as indicated.
- Top with dill and coriander leaves. Sprinkle lightly with salt and chilli flakes.
 Serve.



Setting procedure with your varioSpeed Oven.

60 cm Oven:

Blanching the chard: Oven proof dish with lid, on wire rack – level 2; Microwave 600 W; Time: 6 minutes

Stir-fry onion and chard: Oven proof dish on wire rack – level 2; Microwave combination: 4D Hot Air/180 °C/360 W; Cooking the onion: 13 minutes, Cooking the chard: 5 minutes; Total cooking time: 18 minutes

Cook eggs in sauce: Oven proof dish on wire rack – level 2; Microwave combination: 4D Hot Air/220 $^{\circ}$ C/180 W; Time: 6 minutes

45 cm Oven:

Blanching the chard: as 60 cm oven, except oven proof dish with lid, on wire rack – level 1 Stir-fry onion and chard: as 60 cm oven, except oven proof dish on wire rack – level 1 Cook eggs in sauce: as 60 cm oven, except oven proof dish on wire rack – level 1 and time: 5 minutes

Alternative settings (conventional heating function)

60 cm Over

Blanching the chard: Oven proof dish with lid, on wire rack – level 2; 4D Hot Air 200 $^{\circ}$ C; Time: 15 minutes

Stir-fry onion and chard: Oven proof dish on wire rack – level 2; 4D Hot Air 220 °C; Cooking the onion: 22 minutes, Cooking the chard: 9 minutes; Total cooking time: 31 minutes Cook eggs in sauce: Oven proof dish on wire rack – level 2; 4D Hot Air 220 °C; Time: 15 minutes

45 cm Oven:

Blanching the chard: as 60 cm oven, except oven proof dish with lid, on wire rack – level 1 Stir-fry onion and chard: as 60 cm oven, except oven proof dish on wire rack – level 1 and cooking the chard: 8 minutes; Total cooking time: 30 minutes

Cook eggs in sauce: as 60 cm oven, except oven proof dish on wire rack – level 1 and time: 13 minutes

Total time saving with varioSpeed: 31 or 29* min

* with the 45 cm Oven