Chickpea Spinach and Egg Breakfast Bake

4 breakfast-bake portions, each with 1 whole-wheat toast slice · Active 45 min · Total 1 hr 45 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 6 large eggs (about 300 g edible, shells removed)

• 2 cans chickpeas, well drained and rinsed (480 g edible solids total)

• About 8 packed cups spinach, washed (200 g)

• 1 small onion, finely diced (100 g)

• 1 small garlic clove, minced (3 g)

• 1/2 cup reduced-fat 2% milk (120 ml/about 124 g)

• 1/2 cup crumbled feta (80 g)

• 2 teaspoons olive oil (10 ml/about 9 g), divided

• 1/2 teaspoon sweet paprika (1 g)

• 1/2 teaspoon fine salt (3 g)

• 1/4 teaspoon black pepper (0.6 g)

• 4 slices whole-wheat bread (160 g total)

Set out

2-liter/about 2-quart square baking dish, around 8-inch/20 cm square and 2-inch/5 cm deep, Large nonstick skillet, Clean sieve, Mixing bowl, Whisk, Spoon, Knife and board, Kitchen scale, Measuring jug, Food thermometer, Oven mitts, Toaster, 4 shallow storage containers

Allergens

Egg, Milk, Wheat; check bread labels for sesame or other added allergens. Check labels and substitutions.

Make it

1. Heat the oven to 375°F/190°C. Grease the baking dish with 1 teaspoon/5 ml of the oil. Drain chickpeas and weigh 480 g edible solids.

2. Heat remaining oil in the skillet over medium heat. Cook onion for 8–10 minutes until softened, then garlic for 30 seconds. Add spinach in handfuls and cook for 3–4 minutes until fully wilted. Transfer to a clean sieve, cool enough to handle, press out excess liquid and chop.

3. Whisk eggs, milk, paprika, salt and pepper in the bowl. Stir in cooked onion-spinach mixture. Spread chickpeas evenly in the dish, pour over the egg mixture and gently move a spoon through to distribute. Scatter all measured feta evenly over the top.

4. Bake for 30–40 minutes until the middle is set with no runny egg and the center reaches 165°F/74°C. Rest for 10 minutes, then divide into 4 equal portions. Serve each with 1 toast slice or cool planned later portions promptly as directed.

A useful kitchen skill

Press watery cooked greens, distribute pulses before pouring eggs and check the center of a bake before portioning.

A useful detail

All 200 g raw spinach input is counted despite water being pressed out. The 105-minute total allows beginner preparation, greens cooling/pressing, baking and resting; cooling for freezer storage is additional. The dish has room for the full mixture.

Keep it well

Divide leftovers promptly into shallow containers, no more than about 2 inches/5 cm food depth, and refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Do not wait for a deep pot or dish to cool on the counter. Use within 3 days. Once chilled, seal and freeze individual portions at 0°F/−18°C for up to 2 months for quality. Thaw in the refrigerator and reheat each needed portion to 165°F/74°C. Keep bread separate and toast fresh; freezing may make the egg texture firmer.