



### **Kasia's Hot Broad Bean Bowl**

" Here's a recipe for something ridiculously easy, healthy but most of all full of amazing flavour. This is a dish perfect for Sunday brunch, an easy lunch or a little supper and also as a nutritious snack for those days that we spend in the studio. Put it in a bowl, grab a fork and munch on while you cover your great canvases with layers of paint! With these recipes you'll make enough for two hungry artists!"

Baby broad beans - 2 cups

Cooked chickpeas - 1 cup

Garlic - two gloves

Harissa paste - 3 tsp or more if you like it hot

Eggs - one per person

Cooked white and wild rice - 1 1/2 cups

A mix of veggies - a bit of everything you like (very finely chopped pepper, mushrooms and broccoli, garden peas etc)

Olive oil for frying

Heat a bit of oil in a big frying pan.

Finely chop the garlic and put it on the frying pan along with harissa paste. Fry them for a moment on a medium heat - don't let the garlic turn brown!

Turn the heat up and throw in the broad beans, chickpeas and your favourite veggies and cook for about 10 minutes stirring from time to time.

Add the rice and cook together for further 5 minutes.

Season to taste with salt.

Try the broad beans, if they are soft enough for you, spread the mixture evenly on the pan and crack the eggs. Don't stir anymore...

Turn the heat back to medium, cover with a lid and let them cook until they are done enough for you. You can have your yolk runny or cooked - your call!  
Simply turn off the heat and divide the beans and eggs into two bowls.  
Drizzle with extra virgin olive oil, grab a fork and enjoy!

\* I always use frozen baby broad beans (and cook from frozen) and mostly tinned chickpeas. Sometimes if I really need to be fast I would use also frozen bags of mixed rice and vegetables that can be steamed in the microwave.

