



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: EGGS

Eggs are nutritional powerhouses! They contain very high quality protein, iron, an abundance of vitamins, minerals and disease-fighting carotenoids!



3. MOROCCAN BAKED EGGS

Soft cooked eggs in a rich Moroccan base sauce with sautéed vegetables, finished with a fresh parsley topping and served with roast sweet potato.

 30 Minutes

 4 Servings

10 February 2020

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
17g	16g	39g

FROM YOUR BOX

SWEET POTATOES	800g
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1
MOROCCAN SPICE MIX	1 packet
KALE	1/2 bunch *
CHOPPED TOMATOES (TINNED)	400g
PARSLEY	1 bunch
CHERRY TOMATOES	1 bag (200g)
LEMON	1/2 *
FREE RANGE EGGS	6 pack

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dried thyme, maple syrup (or sweetener of choice)

KEY UTENSILS

oven tray, large frypan with lid

NOTES

This dish also works well with a dollop of hummus or natural yoghurt!

Protein upsize add-on - halloumi cheese.

Dice and add to oven tray with roast potatoes for 10 minutes. Add to the baked eggs at the end.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes in half lengthways. Coat with **oil, salt and pepper** and roast cut side down for 20-25 minutes until cooked through.



4. MAKE THE FRESH TOPPING

Meanwhile, chop parsley and quarter cherry tomatoes. Toss with reserved spring onion tops, lemon juice and **1 tbsp olive oil**.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice and add spring onions (reserve tops for garnish). Dice capsicum. Add to pan as you go along with 2 tbsp spice mix and **1/2 tsp dried thyme**. Cook for 3-4 minutes until fragrant.



5. ADD THE EGGS

Gently crack eggs into pan. Cover and cook for 4-5 minutes or until cooked to your liking. Take off heat.



3. SIMMER THE SAUCE

Slice kale leaves and add to pan. Cook for 3-4 minutes until wilted. Pour in chopped tomatoes and **1/2 tin of water**. Add **1 tsp maple syrup** and season with **salt and pepper**. Cover and simmer for 10 minutes.



6. FINISH AND PLATE

Garnish the baked eggs with fresh topping. Serve with sweet potatoes.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

