



Product Spotlight: Free-Range Eggs

Did you know you can add crushed eggshells straight to the soil in your garden? Doing so will add calcium directly to the soil as the shells decompose.



Garam Masala Eggs with Green Chilli and Pappadums

We shook up shakshuka to make this version with garam masala and capsicum strips, served with feta cheese to crumble, slices of fresh green chilli and pappadums.

Spice it up!

If you don't have any garam masala, use curry powder or make a spice mix with 3/4 tbsp ground cumin, 1/2 tbsp ground coriander, 1/4 tbsp cinnamon and a pinch of chilli powder.



30 minutes



2 servings



Vegetarian

5 May 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	33g	55g

FROM YOUR BOX

BROWN ONION	1
CAPSICUM STRIPS	1 tub
TINNED CRUSHED TOMATOES	400g
BABY SPINACH	1 bag (60g)
FREE-RANGE EGGS	6-pack
PAPPADUMS	1 packet
GREEN CHILLI	1
FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, garam masala

KEY UTENSILS

large frypan with lid

NOTES

Garnish with fresh herbs like mint or coriander if you have any.



1. COOK THE ONION

Heat a large frypan over medium-high heat with **oil**. Dice onion and add to pan as you go. Cook for 2-3 minutes until onion begins to soften.



2. SIMMER THE SAUCE

Drain capsicum strips. Add to pan along with **1 tbsp garam masala**. Cook, stirring, for 1 minute. Pour in tomatoes and **1/2 tin water**. Simmer for 5 minutes. Season with **salt and pepper**.



3. ADD THE EGGS

Stir through baby spinach. Crack eggs (use eggs to taste) into frypan. Reduce heat to medium and cook, covered, for 8-10 minutes until eggs are cooked to your liking.



4. COOK THE PAPPADUMS

Cook the pappadums according to the packet instructions.



5. FINISH AND SERVE

Slice the chilli.

Divide eggs among shallow bowls. Crumble over feta cheese, garnish with green chilli and serve with pappadums (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

