



### Product Spotlight: Free-Range Eggs

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



## H2 Garam Masala Eggs with Green Chilli and Pappadums

We shook up shakshuka to make this version with garam masala and capsicum strips, served with tart and creamy natural yoghurt dolloped on top, slices of fresh green chilli and pappadums.



30 minutes



2-4 servings



Vegetarian

8 April 2022

## Spice it up!

*If you don't have garam masala, you can 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.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 43g **CARBOHYDRATES** 49g

## FROM YOUR BOX

BROWN ONION	1
CAPSICUM STRIPS	1 tub
TOMATO PASSATA	1 jar
BABY SPINACH	1 bag (60g)
FREE-RANGE EGGS	6-pack
PAPPADUMS	1 packet
GREEN CHILLI	1
NATURAL YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, garam masala

## KEY UTENSILS

large frypan with lid

## NOTES

Garnish with fresh herbs, such as mint, 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 tomato passata. Simmer for 5 minutes. Season with **salt and pepper**.



### 3. ADD THE EGGS

Stir through baby spinach. Crack 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 pappadums according to packet instructions.



### 5. PREPARE THE TOPPINGS

Thinly slice green chilli. Set aside with natural yoghurt to serve.



### 6. FINISH AND SERVE

Divide eggs among shallow bowls. Dollop over natural yoghurt. 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**

