



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Foley's Kimchi


Kimchi is a Korean health staple. Foley's recipe contains vitamins A, C, B1, B2, calcium and iron. It can help your gut digest food faster, allowing more time to process and distribute nutrition.



H2 Kimchi and Sweet Potato Fritters with Poached Eggs

Tangy and flavourful kimchi and sweet potato fritters served with poached eggs and avocado salsa.

 30 minutes

 2 servings

 Vegetarian

13 May 2022

Switch it up!

Don't feel like poached eggs? Switch it up! Fry the eggs, boil them, or even make a frittata using the eggs, thin slices of sweet potato, spring onions and kimchi.

Per serve: **PROTEIN** 22g **TOTAL FAT** 32g **CARBOHYDRATES** 59g

FROM YOUR BOX

AVOCADO	1
LEBANESE CUCUMBER	1
SPRING ONIONS	4
SWEET POTATO	300g
KIMCHI	1 jar
FREE-RANGE EGGS	6-pack
RICE FLOUR	1 packet (45g)

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, dried chilli flakes (optional), vinegar of choice

KEY UTENSILS

large frypan, saucepan

NOTES

Poaching for 3 minutes will give you eggs with soft, runny yolks. Poach for longer if you prefer a firmer yolk. Scan the QR code for more information on perfecting your egg cooking techniques.

Protein upsize - 1 packet halloumi. Cut halloumi into slices and pan-fry until golden on each side. Evenly divide onto fritters with poached eggs. Alternatively grate halloumi and mix into fritters.



1. PREPARE THE SALSA

Bring a saucepan of water to the boil.

Dice avocado and cucumber. Toss in a bowl with sliced spring onion green tops, **1 tsp sesame oil** and **1 tsp vinegar** until well combined.



2. PREPARE THE FRITTERS

Grate sweet potato and thinly slice spring onions. Add to a large bowl along with kimchi, **1 egg**, rice flour, **salt and pepper**. Mix to combine.



3. COOK THE FRITTERS

Heat a large frypan over medium-high heat with **oil**. Add 1/2 cupfuls of batter to pan, in batches, and cook for 2-3 minutes each side until golden. Remove to serving plates.



4. POACH THE EGGS

Reduce heat to simmer water. Crack eggs (to taste) into saucepan and poach for 3-6 minutes (see notes). Use a slotted spoon to remove eggs and drain on paper towel.



5. FINISH AND SERVE

Top fritters with poached eggs. Serve with salsa and garnish with **dried chilli flakes** (optional).

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**

