



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Free-Range Eggs

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



H4 Masala Eggs with Tomato Kasundi

A masala frittata bulked up with diced potatoes, tomato and baby spinach cooked on the stove top, served with mild tomato kasundi and zingy green chilli!



30 minutes



4 servings



Vegetarian

21 October 2022

Make it a tray bake!

Dice potato and tomato, toss with curry paste and roast until potatoes are tender. Toss through baby spinach and crack eggs over vegetables. Return to the oven to cook eggs to your liking. Use remaining ingredients to garnish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	15g	44g

FROM YOUR BOX

MEDIUM POTATOES	3
CHIVES	1 bunch
CURRY PASTE	1 sachet
BABY SPINACH	1 bag (120g)
FREE-RANGE EGGS	6-pack
TOMATOES	2
GREEN CHILLI	1
SNOW PEA SPROUTS	1 punnet
TOMATO KASUNDI	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

large frypan with lid

NOTES

Dice potatoes into 2cm pieces. Alternatively, grate potatoes and sauté in pan until beginning to brown.

Deseed chilli for a milder flavour.



1. SAUTÉ THE POTATOES

Heat a frypan over medium-high heat with **oil**. Dice potatoes (see notes) and finely slice chives. Add potatoes and 1/2 chives (reserve remaining for step 5) to pan as you go. Cook for 12-15 minutes until potatoes are just tender.



2. ADD THE CURRY PASTE

Add curry paste to frypan and sauté with potatoes and chives. Stir through baby spinach to wilt. Season with **salt and pepper**.



3. WHISK THE EGGS

Crack eggs into a bowl. Add **1/2 cup water** and whisk to combine. Dice tomatoes. Add to bowl and mix.



4. COOK THE EGGS

Stir egg mixture through vegetables in pan. Cook, covered, for 10 minutes until eggs are set.



5. PREPARE THE TOPPING

Meanwhile, finely slice green chilli (see notes) and halve snow pea sprouts. Add to a bowl with reserved chives. Toss together with **2 tsp vinegar**.



6. FINISH AND SERVE

Cut frittata into pieces. Serve with fresh toppings and tomato kasundi.

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**

