



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lime

Lime offers a heap of vitamins and minerals, including potassium. Potassium helps to maintain nerve and muscle function, and healthy blood pressure levels.



L4

Persian Eggs

with Baby Spinach and Garlic Yoghurt

A fun spin on a traditional Turkish dish, poached eggs on a bed of garlic and lime yoghurt served with veggies roasted in smoked paprika, served with Turkish bread for dipping.



30 minutes



4 servings



Vegetarian

2 December 2022

Switch it up!

If you want to make this dish the traditional way, wilt the baby spinach and mix through the yoghurt in step 2.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	21g	34g

FROM YOUR BOX

RED CAPSICUM	1
BUTTON MUSHROOMS	1 bag (300g)
CHERRY TOMATOES	200g
LIME	1
NATURAL YOGHURT	1 tub (500g)
FREE-RANGE EGGS	6-pack
TURKISH BREAD	1 loaf
BABY SPINACH	1 bag (60g)
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, smoked paprika

KEY UTENSILS

oven tray, saucepan

NOTES

Poaching eggs for 3 minutes will give you soft, runny yolks. Upwards of 6 minutes will give you firm yolks. Scan the QR code to see our blog on cooking your eggs perfectly every time.

Substitute a sprinkle of smoked paprika with dried chilli flakes.

No gluten alternative - Turkish bread is replaced with gluten-free rolls. Warm according to instructions in step 4.

Protein upsize - protein upsize is 1 packet halloumi cheese. Slice halloumi and cook in a frypan with oil until golden on each side.



1. ROAST THE VEGETABLES

Bring a saucepan of water to a boil. Set oven to 220°C.

Slice capsicum and quarter mushrooms. Toss on a lined oven tray with cherry tomatoes, oil, 3 tsp paprika, salt and pepper. Roast for 15-20 minutes until cherry tomatoes are beginning to burst.



4. WARM THE TURKISH BREAD

Add bread to oven to warm for 3-5 minutes.

Slice bread to serve.



2. MAKE THE GARLIC YOGHURT

Crush garlic clove. Zest lime. Add to a large bowl along with yoghurt and juice from 1/2 lime (wedge remaining). Stir to combine. Season to taste with salt and pepper. Set aside in fridge until serving.



3. POACH THE EGGS

Crack eggs into boiling water. Poach for 3-6 minutes until cooked to your liking (see notes).



5. FINISH AND SERVE

Spoon yoghurt onto a platter. Add poached eggs, roasted veggies and baby spinach. Garnish with dill fronds and lime wedges. Sprinkle over smoked paprika (see notes). Serve with Turkish bread.

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**

