



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Free Range Eggs

Eggs contain levels of most key vitamins and are a good source of protein with antioxidant properties as well.



3 Moroccan Baked Eggs with Chickpea Flatbreads

A simple and flavourful dish of Moroccan beans with tomatoes, spinach and baked eggs, served with oven baked chickpea flatbreads.



40 minutes



2 servings



Vegetarian

10 August 2020

Spice it up!

Crumble over some feta cheese or garnish with toasted seeds from the pantry. If you have some dukkah you could also use that to finish off the eggs.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	18g	110g

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
BROWN ONION	1/2 *
BUTTERNUT PUMPKIN	1/2 *
RED CAPSICUM	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
BAKED BEANS	1 jar
ENGLISH SPINACH	1/2 bunch *
FREE RANGE EGGS	4
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground turmeric, cumin seeds

KEY UTENSILS

large frypan with lid, oven tray

NOTES

The chickpea batter should be thick before you pour onto the lined tray. Use two large trays if needed.

An easy way to rinse the spinach is to trim the leaves and soak them in a bowl of water. All the sand will fall to the bottom of the bowl.

Protein upsize add-on is - halloumi cheese. Dice halloumi and pan fry. Stir through the vegetables in step 5 before adding the eggs.



1. PREPARE THE FLATBREAD

Set oven to 180°C.

Whisk together chickpea flour and **3/4 cups water**. Set aside for 10 minutes. (see notes).



2. PREPARE THE VEGGIES

Chop onion, dice pumpkin and capsicum. Halve tomatoes. Set aside.



3. BAKE THE FLATBREADS

Line an oven tray and drizzle with **olive oil** (to prevent sticking). Pour chickpea batter onto tray and spread with spatula. Sprinkle with **cumin seeds** and **salt**. Bake for 20–25 minutes until golden and crisp around the edges.



4. SAUTÉ THE VEGETABLES

Meanwhile, heat a frypan over medium-high heat with **oil**. Add prepared veggies, **1/2 tsp turmeric** and **1/2 tsp cumin seeds**. Cook for 5 minutes until softened. Pour in beans and **3/4 cup of water**. Cover and simmer for 10 minutes.



5. ADD SPINACH & EGGS

Rinse and chop spinach (see notes). Stir into beans until wilted. Season with **salt and pepper**. Crack in eggs. Cover and cook for 8–10 minutes or until cooked to your liking.



6. FINISH AND PLATE

Garnish baked eggs with chopped coriander. Serve with flatbreads.

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**

