

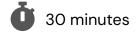


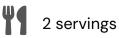


Crispy Feta Fried Eggs

with Avocado Wraps

Free-range eggs pan-fried over crispy feta cheese served on wraps with smashed avocado, shredded lettuce, fresh salsa and pickled shallot!







Spice it up!

This dish would love some spice! If you can handle the heat, serve it with your favourite hot sauce, a sprinkle of dried chilli, slices of fresh red chilli or jalapeño!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

35g 57g

57g

84g

FROM YOUR BOX

SHALLOT	1
LEBANESE CUCUMBER	1
ТОМАТО	1
BABY COS LETTUCE	1
LEMON	1
AVOCADO	1
WRAPS	6-pack
FETA CHEESE	1 packet
FREE-RANGE EGGS	6-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, sugar of choice, vinegar of choice, dried oregano

KEY UTENSILS

2 frypans

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Remove the paprika oil from the pan once cooked; once the pan is removed from the stove, it still holds heat and may burn the paprika.

No gluten option - wraps are replaced with corn tortillas. Warm tortillas and serve.





1. PICKLE THE SHALLOT

In a non-metallic bowl (see notes), whisk together 1/4 cup vinegar, 2 tbsp water, 1 tsp salt and 1 tsp sugar. Thinly slice shallot and add to bowl. Set aside and drain before serving.





2. PREPARE THE TOPPINGS

Dice **cucumber** and **tomato**. Toss with **2 tsp vinegar**. Thinly slice **lettuce**.

Zest **lemon** and <u>juice 1/2</u> (wedge remaining). Use a fork to smash with **avocado**. Season to taste with **salt and pepper**.



3. WARM THE WRAPS

Heat a frypan over medium-high heat. Add wraps, in batches, and cook for 1-2 minutes each side to warm. Wrap warmed wraps in a clean towel or baking paper as you go to keep them warm. Reserve pan for step 5.



4. MAKE THE FETA EGGS

Heat a second frypan over medium-high heat with oil. Crumble feta and add tablespoonfuls to pan, in batches, in small circles. Crack eggs over feta, sprinkle with oregano, and cook for 4-6 minutes until eggs are cooked to your liking.



5. MAKE THE PAPRIKA OIL

Optional: Reheat pan over medium heat. Add **2 tbsp oil** and **1 1/2 tsp paprika**. Cook, stirring, for 1-2 minutes until fragrant. Remove to a bowl (see notes).



6. FINISH AND SERVE

Divide salad and wraps among plates. Top wraps with avocado and feta-fried eggs. Drizzle paprika oil over eggs and top with pickled shallot, diced vegetables and lemon wedges.

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



