




**Product Spotlight:
Rocket Leaves**


Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



**Flamenco Eggs
with Grilled Garlic Bread**

Spanish Flamenco Eggs (Huevos a la Flamenca) with roasted sweet potato and butter beans make a hearty vegetarian dinner, finished with baked eggs, grilled garlic bread, and a side of rocket.

 40 minutes

 2 servings

 Vegetarian

Make a hash instead

For a hearty brunch-style hash, toss the roasted veg with cooked beans and top with a fried or poached egg instead. Serve with grilled bread and rocket on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	49g	72g

FROM YOUR BOX

SWEET POTATO	400g
RED ONION	1
GARLIC CLOVES	2
SPANISH SPICE MIX	1 sachet
CHOPPED TOMATOES	400g
RED CAPSICUM	1
PANINI BREAD ROLLS	2-pack
FREE-RANGE EGGS	6-pack
PARSLEY	1 packet
ROCKET LEAVES	60g

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika

KEY UTENSILS

large oven-proof pan with lid (or transfer to an oven dish), griddle pan, oven tray

NOTES

Before adding the roasted sweet potato into the sauce, season to taste with salt and pepper. For extra flavour, add smoked paprika, cumin or some chilli flakes.

No gluten option - bread is replaced with GF bread.

Spanish spice mix: sweet paprika, smoked paprika, turmeric, garlic granules, parsley flakes.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Roughly chop **sweet potato** and toss on a lined tray with **1 tsp smoked paprika, oil, salt and pepper**. Roast for 20 minutes.



2. SAUTÉ THE VEG

Meanwhile, heat a large oven-proof pan with **2 tbsp olive oil** over medium heat. Slice **red onion** and cook for 4-5 minutes or until soft. Crush in **1 garlic clove** and season with **Spanish spice mix**.



3. SIMMER THE SAUCE

Stir in **chopped tomatoes** and **1/2 tin water**. Slice **capsicum**, add to pan and bring to a simmer. Cook, covered, for 10 minutes.



4. GRILL THE BREAD

Heat a griddle pan (or use the oven). Cut **bread rolls** in half (use to taste). Rub with **olive oil** and season with a little **salt**. Grill, cut-side down until charred. Once ready, halve **1 garlic clove** and rub over bread.



5. BAKE THE EGGS

When **sweet potato** is ready, stir into sauce and adjust seasoning to taste (see notes). Make 4-6 indents and crack in the **eggs**. Place in oven for 6-8 minutes.



6. FINISH AND SERVE

Chop **parsley**.

Serve **baked flamenco eggs** topped with **parsley** and a side of **grilled garlic bread** and **rocket leaves**.

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