



**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 (known in Spain as Huevos a la Flamenca) with roasted sweet potato makes a delicious dinner meal alongside charred garlic panini rolls and rocket leaves.

40 minutes

2 servings

Vegetarian

Make a hash instead

Dice sweet potato, red onion and capsicum. Cook in the oven or a frypan until tender. Season to taste. Serve topped with fried eggs, parsley and rocket with a side of bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	34g	189g

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.



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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-high 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 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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