



Product Spotlight: Red Lentils

Red lentils are an excellent source of plant-based protein, as well as fibre and various vitamins and minerals. They cook faster than many other lentils thanks to their smaller size.



Harissa Baked Eggs & Lentils

With Flatbread

Red lentils simmered in a harissa tomato curry with free-range eggs, topped with a dollop of yoghurt and freshly chopped coriander, and served with flatbread for dipping.

Spice it up!

Add toasted nuts and seeds, chutney, Indian pickle or fresh sliced chilli to garnish! Grate some cucumber and combine with the yoghurt to make a quick raita.



30 minutes



2 servings



Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	28g	54g

FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
RED LENTILS	70g
HARISSA CURRY PASTE	1 sachet
TINNED CHOPPED TOMATOES	400g
CORIANDER	1 packet
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
LEBANESE FLATBREAD	5-pack
BABY SPINACH	60g
FREE-RANGE EGGS	6-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds

KEY UTENSILS

large frypan with lid, frypan

NOTES

If you have a large garlic clove, use 1/2 in the yoghurt and add 1/2 to the lentils.

No gluten option - Lebanese flatbread is replaced with GF country loaf. Slice the loaf, brush the slices with the cumin oil or melted butter and toast in the oven (or a dry frypan) until golden and crisp.



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1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Slice and add **onion** and **capsicum**. Cook for 2-3 minutes until softened.



2. SIMMER THE LENTILS

Stir in **lentils**, **curry paste**, **chopped tomatoes** and **1 cup water**. Cover and simmer for 10 minutes until **lentils** are softened.



3. PREPARE THE TOPPINGS

Meanwhile, chop **coriander**. Combine **yoghurt** with crushed **garlic clove** (see notes). Set aside.



4. WARM THE FLATBREAD

Combine **1 tbsp olive oil** or **melted butter** with **1 tsp cumin seeds**. Brush over **3 flatbread**. Toast in a dry frypan over medium-high heat for 30 seconds on each side. Slice into quarters.



5. COOK THE EGGS

Stir **spinach** into **lentils** until wilted. Season with **salt and pepper**. Reduce heat to medium. Make 6 indents in **lentils** and crack in **eggs**. Cover and cook for 5-8 minutes or until cooked to your liking.



6. FINISH AND SERVE

Spoon **yoghurt** on top of eggs and garnish with **coriander**. Serve with **flatbread** at the table.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

