



Product Spotlight: Roti Bread

The roti is made fresh here in WA by Mughal foods. We recommend storing them in the fridge to retain optimum freshness.



Indian Baked Lentils and Eggs with Roti

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



25 minutes



2 servings



Vegetarian

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	28g	91g

FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
RED LENTILS	70g
MADRAS CURRY PASTE	1 sachet
TINNED CHOPPED TOMATOES	400g
CORIANDER	1 packet
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
ROTI BREAD	6-pack
BABY SPINACH	120g
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 - roti is replaced with **GF flatbread**. Coat with oil and toast in oven or sandwich press until crunchy. Slice to serve.



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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 and **1 tsp cumin seeds** (see notes). Set aside.



4. WARM THE ROTI

Warm roti bread in a dry frypan over medium-high heat for 30 seconds on each side. Keep warm in a clean tea towel until serving.



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 roti bread 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

