

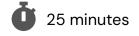


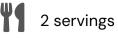


## **Indian Baked Lentils and Eggs**

## 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.







# 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.

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.





## 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



