

**Product Spotlight:
Feta cheese**

Traditionally feta is made from sheep milk, although it can be made from sheep, goat or cow milk, or any combination of the three.



Menemen Turkish Style Eggs with Flatbread

Ribbons of scrambled eggs through a rich tomato sauce with mushrooms and capsicum, flavoured with cumin and cinnamon, topped with feta cheese and served with crispy flatbread.



25 minutes



2 servings



Vegetarian

Change the flavour!

You can use a mixture of ground coriander, ground cumin and turmeric to flavour the eggs instead. Add some dried chilli flakes for heat or a fresh chopped herb such as parsley or oregano if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	61g	112g

FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
BUTTON MUSHROOMS	150g
TINNED CHOPPED TOMATOES	400g
FREE-RANGE EGGS	6-pack
JALAPENO	1
FETA CHEESE	1 packet
LEBANESE FLATBREAD	5-pack
MESCLUN LEAVES	60g

FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds, ground paprika, ground cinnamon

KEY UTENSILS

large frypan with lid, oven tray

NOTES

You can dress the mesclun leaves with a vinaigrette if preferred. Tear the flatbread to serve or cut into triangles for dipping.

No gluten option - Lebanese flatbread is replaced with GF flatbread.



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1. SAUTÉ THE VEGETABLES

Set oven to 200°C.

Heat a large frypan over medium heat with **2 tbsp olive oil**. Slice **onion**, **capsicum** and **mushrooms**. Add to pan along with **1 tsp cumin seeds**, **1 tbsp paprika** and **1 tsp cinnamon**. Cook for 5 minutes until softened.



2. SIMMER THE SAUCE

Increase heat to medium-high. Pour in **tinned tomatoes**, **1/4 cup water** and **1 tbsp olive oil**. Simmer for 5 minutes, and season to taste with **salt and pepper**.



3. WHISK THE EGGS

Crack **4 eggs** into a bowl and whisk. Season with **salt and pepper**.



4. ADD THE EGGS

Pour eggs into sauce. Simmer, semi-covered, for 8-10 minutes until just set. Once ready, top with sliced **jalapeño** and crumbled **feta cheese** (use to taste).



5. TOAST THE FLATBREAD

Meanwhile, combine **2 tbsp olive oil**, **2 tsp cumin seeds**, **salt and pepper** and rub all over **flatbreads**. Place on a lined oven tray. Toast in oven for 5 minutes until golden.



6. FINISH AND SERVE

Serve eggs with a side of **mesclun leaves** and flatbread for dipping (see notes).

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