

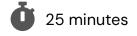


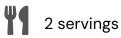


Menemen Turkish Style Eggs

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.







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.

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 vinaignette if preferred. Tear the flatbread to serve or cut into triangles for dipping.

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





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, semicovered, 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).

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



