



Product Spotlight: Lime

Lime offers a heap of vitamins and minerals, including potassium. Potassium helps to maintain nerve and muscle function and healthy blood pressure levels.



Persian Eggs

with Baby Spinach and Garlic Yoghurt

A fun spin on a traditional Turkish dish, poached eggs on a bed of garlic and lime yoghurt served with veggies roasted in smoked paprika, served with Turkish bread for dipping.

Switch it up!

If you want to make this dish in the traditional way, wilt the baby spinach and mix through the yoghurt in step 2.



30 minutes



2 servings



Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	22g	76g

FROM YOUR BOX

RED CAPSICUM	1
BUTTON MUSHROOMS	150g
TOMATOES	2
GARLIC CLOVE	1
LIME	1
NATURAL YOGHURT	1 tub
FREE-RANGE EGGS	6-pack
TURKISH BREAD ROLLS	2-pack
BABY SPINACH	60g
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

oven tray, saucepan

NOTES

Poaching eggs for 3 minutes will give you soft, runny yolks. Upwards of 6 minutes will give you firm yolks. Scan the QR code to see our blog on cooking your eggs perfectly every time.

Substitute a sprinkle of smoked paprika with dried chilli flakes.

No gluten option - Turkish bread rolls are replaced with gluten-free rolls. Warm according to instructions in step 4.



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1. ROAST THE VEGETABLES

Bring a saucepan of water to a boil. Set oven to 220°C.

Slice capsicum, quarter mushrooms and dice tomatoes. Toss on a lined oven tray with **oil, 2 tsp paprika, salt and pepper**. Roast for 15–20 minutes.



2. MAKE THE GARLIC YOGHURT

Crush garlic clove. Zest lime. Add to a large bowl along with yoghurt and juice from 1/2 lime (wedge remaining). Stir to combine. Season to taste with **salt and pepper**. Set aside in fridge until serving.



3. POACH THE EGGS

Crack eggs (use eggs to taste) into boiling water. Poach for 3–6 minutes until cooked to your liking (see notes).



4. WARM THE TURKISH BREAD

Add rolls to oven to warm for 3–5 minutes.



5. FINISH AND SERVE

Spoon yoghurt onto a platter. Add poached eggs, roasted veggies and baby spinach. Garnish with dill fronds and lime wedges. Sprinkle over **smoked paprika** (see notes). Serve with Turkish bread.

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**

