



Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



Crispy Feta Fried Eggs with Avocado Wraps

Free-range eggs pan-fried over crispy feta cheese served on wraps with smashed avocado, shredded lettuce, fresh salsa and pickled shallot!



30 minutes



4 servings



Vegetarian

Spice it up!

This dish would love some spice! If you can handle the heat, serve it with your favourite hot sauce, a sprinkle of dried chilli, slices of fresh red chilli or jalapeño!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	53g	70g

FROM YOUR BOX

SHALLOT	1
LEBANESE CUCUMBER	1
TOMATO	1
BABY COS LETTUCE	1
LEMON	1
AVOCADOS	2
WRAPS	2 x 6-pack
FETA CHEESE	1 packet
FREE-RANGE EGGS	2 x 6-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, sugar of choice, vinegar of choice, dried oregano

KEY UTENSILS

2 frypans

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Remove the paprika oil from the pan once cooked; once the pan is removed from the stove, it still holds heat and may burn the paprika.

No gluten option - wraps are replaced with **corn tortillas**. Warm tortillas and serve.



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1. PICKLE THE SHALLOT

In a non-metallic bowl (see notes), whisk together **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl. Set aside and drain before serving.



2. PREPARE THE TOPPINGS

Dice **cucumber** and **tomato**. Toss with **2 tsp vinegar**. Thinly slice **lettuce**.

Zest **lemon** and juice 1/2 (wedge remaining). Use a fork to smash with **avocados**. Season to taste with **salt and pepper**.



3. WARM THE WRAPS

Heat a frypan over medium-high heat. Add **wraps**, in batches, and cook for 1-2 minutes each side to warm. Wrap warmed wraps in a clean towel or baking paper as you go to keep them warm. Reserve pan for step 5.



4. MAKE THE FETA EGGS

Heat a second frypan over medium-high heat with **oil**. Crumble **feta** and add tablespoonfuls to pan, in batches, in small circles. Crack **eggs** over feta, sprinkle with **oregano**, and cook for 4-6 minutes until eggs are cooked to your liking.



5. MAKE THE PAPRIKA OIL

Optional: Reheat pan over medium heat. Add **3 tbsp olive oil** and **2 tsp paprika**. Cook, stirring, for 1-2 minutes until fragrant. Remove to a bowl (see notes).



6. FINISH AND SERVE

Divide salad and wraps among plates. Top wraps with avocado and feta-fried eggs. Drizzle paprika oil over eggs and top with pickled shallot, diced vegetables and lemon wedges.

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