

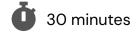




## **Crispy Feta Fried Eggs**

### 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!







# 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!

TOTAL FAT CARBOHYDRATES

33g

70g

#### **FROM YOUR BOX**

SHALLOT	1
LEBANESE CUCUMBER	1
ТОМАТО	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.





#### 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 <u>juice 1/2</u> (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.

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



