



### Product Spotlight: Butter Beans

Butter beans are a quick and nutritious addition to your meal, packed with nutrients. They are a great source of plant-based protein, fibre, and various vitamins and minerals.



## Flamenco Eggs with Grilled Garlic Bread

Spanish Flamenco Eggs (known in Spain as Huevos a la Flamenca) with roasted sweet potato makes a delicious dinner meal alongside charred garlic panini rolls and rocket leaves.



40 minutes



4 servings



Vegetarian

## Make a hash instead

*Dice sweet potato, red onion and capsicum. Cook in the oven or a frypan until tender. Season to taste. Serve topped with fried eggs, parsley and rocket with a side of bread.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	20g	114g



## FROM YOUR BOX

SWEET POTATO	400g
RED ONION	1
GARLIC CLOVES	2
SPANISH SPICE MIX	1 sachet
CHOPPED TOMATOES	400g
RED CAPSICUMS	2
TINNED BUTTER BEANS	400g
PANINI BREAD ROLLS	2-pack
FREE-RANGE EGGS	6-pack
PARSLEY	1 packet
ROCKET LEAVES	120g

## FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika

## KEY UTENSILS

large oven-proof pan with lid (or transfer to an oven dish), griddle pan, oven tray

## NOTES

Before adding the roasted sweet potato into the sauce, season to taste with salt and pepper. For extra flavour, add smoked paprika, cumin or some chilli flakes.

**No gluten option – bread is replaced with GF bread.**



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### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Roughly chop sweet potato and toss on a lined tray with **1 tsp smoked paprika, oil, salt and pepper**. Roast for 20 minutes.



### 4. GRILL THE BREAD

Heat a griddle pan (or use the oven). Cut bread rolls in half. Rub with **olive oil** and season with a little **salt**. Grill, cut-side down until charred. Once ready, halve garlic clove and rub over bread.



### 2. SAUTÉ THE VEG

Meanwhile, heat a large oven-proof pan with **2 tbsp olive oil** over medium-high heat. Slice red onion and cook for 4-5 minutes or until soft. Crush in 1 garlic clove and season with Spanish spice mix.



### 5. BAKE THE EGGS

When sweet potato is ready, stir into sauce and adjust seasoning to taste (see notes). Make 6 indents and crack in the eggs. Place in oven for 6-8 minutes.



### 3. SIMMER THE SAUCE

Stir in chopped tomatoes and **1 tin water**. Slice capsicums and drain beans, add to pan and bring to a simmer. Cook, covered, for 10 minutes.



### 6. FINISH AND SERVE

Chop parsley.

Serve baked flamenco eggs topped with parsley and a side of grilled garlic bread and rocket leaves.

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