

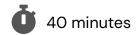




Flamenco Eggs

with Grilled Garlic Bread

Spanish Flamenco Eggs (Huevos a la Flamenca) with roasted sweet potato and butter beans make a hearty vegetarian dinner, finished with baked eggs, grilled garlic bread, and a side of rocket.





4 servings



Make a hash instead

For a hearty brunch-style hash, toss the roasted veg with cooked beans and top with a fried or poached egg instead. Serve with grilled bread and rocket on the side.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

16g 7g

7g

5/g

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	60g

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.





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.



2. SAUTÉ THE VEG

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



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.



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 1 garlic clove and rub over bread.



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.



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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