



### Product Spotlight: Butter Beans

Butter beans are 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 (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.



40 minutes



4 servings



Vegetarian

## 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.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 7g **CARBOHYDRATES** 57g



## 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.**



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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 **1 garlic clove** and rub over bread.



### 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**.



### 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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