



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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 | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 24g | 11g | 44g/57g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|---------------------|----------|------------|
| SWEET POTATO | 400g | 800g |
| RED ONION | 1 | 1 |
| GARLIC CLOVES | 2 | 3 |
| SPANISH SPICE MIX | 1 sachet | 1 sachet |
| CHOPPED TOMATOES | 400g | 2 x 400g |
| RED CAPSICUMS | 2 | 2 |
| TINNED BUTTER BEANS | 400g | 400g |
| PANINI BREAD ROLLS | 2 | 4 |
| FREE-RANGE EGGS | 6-pack | 2 x 6-pack |
| PARSLEY | 1 packet | 1 packet |
| ROCKET LEAVES | 60g | 2x 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.

Spanish spice mix: sweet paprika, smoked paprika, turmeric, garlic granules, parsley flakes.



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.

6P - use 2 tsp smoked paprika.



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**.

6P - crush in 2 garlic cloves 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.

6P - transfer to a larger oven dish if needed.



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.

6P - stir in chopped tomatoes and 1/2-1 tin water.



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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