



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Lentils

Red lentils are an excellent source of plant-based protein, as well as fibre and various vitamins and minerals. They cook faster than many other lentils thanks to their smaller size.



Harissa Baked Eggs & Lentils

With Flatbread

Red lentils simmered in a harissa tomato curry with free-range eggs, topped with a dollop of yoghurt and freshly chopped coriander, and served with flatbread for dipping.

Spice it up!

Add toasted nuts and seeds, chutney, Indian pickle or fresh sliced chilli to garnish! Grate some cucumber and combine with the yoghurt to make a quick raita.



30 minutes



4/6 servings



Vegetarian

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	31g	17g	50g/55g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GREEN CAPSICUM	1	2
RED LENTILS	150g	150g + 70g
HARISSA CURRY PASTE	2 sachets	3 sachets
TINNED CHOPPED TOMATOES	2 x 400g	2 x 400g
CORIANDER	1 packet	1 packet
NATURAL YOGHURT	1 tub	2 tubs
GARLIC CLOVE	1	1
LEBANESE FLATBREAD	5-pack	2 x 5-pack
BABY SPINACH	120g	120g
FREE-RANGE EGGS	6-pack	2 x 6-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds

KEY UTENSILS

large frypan with lid, frypan

NOTES

If you have a large garlic clove, use 1/2 in the yoghurt and add 1/2 to the lentils.

No gluten option - Lebanese flatbread is replaced with GF country loaf. Slice the loaf, brush the slices with the cumin oil or melted butter and toast in the oven (or a dry frypan) until golden and crisp.



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1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Slice and add **onion** and **capsicum**. Cook for 2-3 minutes until softened.



4. WARM THE FLATBREAD

Combine **2 tbsp olive oil** or **melted butter** with **2 tsp cumin seeds**. Brush over each **flatbread**. Toast in a dry frypan over medium-high heat for 30 seconds on each side. Slice into quarters.

6P - combine **3 tbsp olive oil** or **melted butter** with **3 tsp cumin seeds**.



2. SIMMER THE LENTILS

Stir in **lentils**, **curry paste**, **chopped tomatoes** and **1 1/2 cups water**. Cover and simmer for 10 minutes until **lentils** are softened.

6P - stir in **lentils**, **curry paste**, **chopped tomatoes** and **2 1/2 cups water**.



5. COOK THE EGGS

Stir **spinach** into lentils until wilted. Season with **salt** and **pepper**. Reduce heat to medium. Make 6 indents in **lentils** and crack in **eggs**. Cover and cook for 5-8 minutes or until cooked to your liking.

6P - transfer **sauce** to an oven dish, crack in **eggs** (use to taste) and finish in the oven for 10-12 minutes at 200°C.



3. PREPARE THE TOPPINGS

Meanwhile, chop **coriander**. Combine **yoghurt** with **crushed garlic clove** (see notes). Set aside.



6. FINISH AND SERVE

Spoon **yoghurt** on top of **baked eggs** and garnish with **coriander**. Serve with **flatbread** at the table.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

