

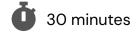




## **Indian Baked Eggs and Lentils**

## with Flatbread

Red lentils simmered in a Madras 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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

32g 17

17g

99g

## **FROM YOUR BOX**

BROWN ONION	1
GREEN CAPSICUM	1
RED LENTILS	150g
MADRAS CURRY PASTE	2 sachets
TINNED CHOPPED TOMATOES	2 x 400g
CORIANDER	1 packet
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
WHOLEMEAL FLATBREAD	5-pack
BABY SPINACH	120g
FREE-RANGE EGGS	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 flatbread. Coat with oil and toast in oven or sandwich press until crunchy. Slice to serve.



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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.



## 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.



## 3. PREPARE THE TOPPINGS

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



## 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.



## **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.



#### 6. FINISH AND SERVE

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

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