



Product Spotlight: Red Lentils

Red lentils are not only delicious but also packed with nutrition! Excellent source of plant-based protein as well as fibre, various vitamins and minerals. They cook faster than many other types of lentils due to their smaller size.



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.



30 minutes



4 servings



Vegetarian

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	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.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

