



### Product Spotlight: Roti Bread


The roti is made fresh here in WA by Mughal foods. We recommend storing them in the fridge to retain optimum freshness.




## Indian Baked Eggs and Lentils

### with Roti

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 roti bread for dipping.

 25 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** 33g **TOTAL FAT** 24g **CARBOHYDRATES** 81g

## 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
ROTI BREAD	12-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 - roti 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 and **1 tsp cumin seeds** (see notes). Set aside.



### 4. WARM THE ROTI

Warm roti bread in a dry frypan over medium-high heat for 30 seconds on each side. Keep warm in a clean tea towel until serving.



### 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 roti bread 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**

