



Product Spotlight: Free Range Eggs

Why do we choose free-range? Free-range means that chickens are able to enjoy the outdoors and live on a farm with a low density of chickens per hectare. Therefore we know our delicious eggs come from happy and healthy chickens.



Spanish Eggs with Avocado Salad

A hearty Spanish-style egg dish with sautéed potatoes, sweet capsicum, and corn, finished with creamy feta. Served alongside a refreshing avocado and cucumber salad with lime and parsley.



40 minutes



4 servings



Vegetarian

Add more veg!

You can add some sliced mushrooms, baby spinach or kale to the pan if you would like more vegetables.

Per serve: **PROTEIN** 17g **TOTAL FAT** 28g **CARBOHYDRATES** 30g

FROM YOUR BOX

RED ONION	1
MEDIUM POTATOES	4
RED CAPSICUM	1
CORN COB	1
FETA CHEESE	
FREE-RANGE EGGS	6-pack
AVOCADOS	2
LEBANESE CUCUMBER	1
PARSLEY	1 packet
LIME	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried thyme

KEY UTENSILS

large frypan with lid

NOTES

If you are using an oven proof pan you can bake the eggs in the oven instead.



1. SAUTÉ THE ONION

Heat a frypan over medium-high heat with **oil**. Thinly slice **red onion** and cook for 2-3 minutes until softened. Stir in **2 tsp smoked paprika** and cook for 30 seconds until fragrant.



2. COOK THE VEGETABLES

Thinly slice **potatoes** and **capsicum**. Remove kernels from **corn cob**. Add to the pan along with **1/3 cup water**. Cover and cook, tossing occasionally, for 10-12 minutes or until potatoes are just tender. Season with **salt and pepper**.



3. ADD THE EGGS

Dice **feta cheese** and stir through potatoes. Whisk **eggs** with **1 tsp thyme, salt and pepper**. Pour over the vegetables in pan. Reduce heat to medium, cover and cook for 15 minutes or until eggs are just set.



4. PREPARE THE SALAD

Dice **avocados** and **cucumber**. Chop **parsley**. Toss in a bowl with **lime zest and juice**, a drizzle of **olive oil, salt, and pepper**.



5. FINISH AND SERVE

Slice Spanish eggs into wedges and serve with avocado salad.



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