



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dutch carrots

It is often forgotten that the carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or sautéed in a little olive oil.



Spiced Butter Eggs with Pearl Couscous

Pearl couscous tossed with roasted dutch carrots, fresh capsicum, cucumber, currants and pine nuts, finished with a warm spiced butter and topped with poached eggs.



35 minutes



Vegetarian



4/6 servings

Jazz it up!

You can add some chickpeas to roast in the oven until crispy or pan fry halloumi to serve with this dish!

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	23g/27g	30g/35g	79g/86g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
DUTCH CARROTS	1 bunch	2 bunches
PEARL COUSCOUS	300g	300g + 150g
RED CAPSICUM	1	2
LEBANESE CUCUMBERS	2	3
SHALLOT	1	1
PARSLEY	1 packet	2 packets
PINE NUTS AND CURRANTS	40g	2 x 40g
BUTTER	100g	100g
LEMON	1	2
FREE-RANGE EGGS	6-pack	2 x 6-pack

FROM YOUR PANTRY

olive oil, ground cumin, ground turmeric, ground cinnamon, salt and pepper

KEY UTENSILS

oven tray, large saucepan, small frypan

NOTES

Add a splash of white vinegar to the water if you have some. This will help keep the eggs together. You can fry or boil the eggs instead if preferred.

No gluten option – pearl couscous is replaced with brown rice. Place rice in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.



1. ROAST THE CARROTS

Set oven to 220°C.

Scrub, trim and halve **carrots** lengthways. Toss on a lined oven tray with **1 tsp cumin, olive oil, salt and pepper**. Roast for 20–25 minutes, until tender.

6P – use 2 tsp cumin.



4. MAKE THE SPICED BUTTER

Melt **butter** in small frypan over medium heat. Add **1 tsp cumin, 1/2 tsp turmeric** and **1/4 tsp cinnamon** and stir for 1–2 minutes, or until fragrant. Off heat, stir in juice from **1/2 lemon**. Toss **half** through **couscous**.

6P – use 1 1/2 tsp cumin, 1/2 tsp turmeric and 1/2 tsp cinnamon. Stir in juice from 1 lemon and add 2 tbsp olive oil.



2. COOK THE COUSCOUS

Bring a saucepan water to boil. Add **pearl couscous** and cook for 8–10 minutes until tender. Drain and transfer to a large bowl. Refill saucepan and bring to a simmer (ready for step 5).



5. POACH THE EGGS

Create a whirlpool in pan of simmering water and carefully crack in **eggs** 1–2 at a time (see notes). Poach for 3–4 minutes, or until whites are set. Remove with a slotted spoon and drain on paper towel. Repeat with remaining **eggs**.



3. PREPARE THE SALAD

Dice **capsicum, cucumber** and **shallot**. Chop **parsley**. Add to **couscous** along with **pine nuts** and **currants** and toss to combine. Season with **salt and pepper**.



6. FINISH AND SERVE

Arrange **couscous** and roasted **carrots** on a large sharing plate or divide among bowls. Top with **eggs** and drizzle over remaining **spiced butter**. Wedge remaining **lemon** to serve.

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