



Moroccan Eggs

A fragrant one-pan dish featuring soft-baked eggs nestled in a spiced tomato and capsicum sauce, served over fluffy couscous.



30 minutes



4 servings



Vegetarian

FROM YOUR BOX

COUSCOUS	250g
CHERRY TOMATOES	2 x 200g
RED CAPSICUM	1
CHOPPED TOMATOES	400g
KALE LEAVES	4
FREE RANGE EGGS	6-pack

FROM YOUR PANTRY

olive oil, salt and pepper, butter (optional) ground cumin, ground turmeric

NOTES

Sweeten the sauce to taste with honey, maple syrup or sugar of choice if preferred.

No gluten option - couscous is replaced with quinoa.

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

1. COOK THE COUSCOUS

Place **couscous** in a heatproof bowl and cover with **1 1/2 cups boiling water**. Cover with a lid or plate and let sit for 5 minutes. Fluff with a fork and stir in **1 tbsp butter or olive oil**.

TIP *Add a pinch of ground cumin or dried oregano for extra flavour.*

2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **1/4 cup olive oil**. Halve **cherry tomatoes** and **slice capsicum**, adding to pan as you go. Cook for 5 minutes until softened. Stir in **1 tbsp cumin**, **2 tsp turmeric**, **chopped tomatoes** and **1/2 tin (200ml) water**. Simmer for 5 minutes. Slice **kale** and stir through until wilted. Season with **salt and pepper** to taste (see notes).

TIP *Bulk up the dish with sliced mushrooms, zucchini, tinned chickpeas or beans. Add stock paste or 1/2 crumbled stock cube for background flavour.*

3. ADD EGGS

Make small indents in the sauce and crack in **eggs**. Cover with a lid and cook for 5–7 minutes until eggs are set to your liking.

TIP *For runnier yolks, cook uncovered. If you prefer firm yolks, cook for a few extra minutes.*

4. FINISH AND SERVE

Spoon the eggs and sauce over couscous and serve warm.

TIP *Drizzle with garlic yoghurt, crumble over feta cheese, or sprinkle with parsley and dukkah for extra flavour.*

This recipe has simplified instructions to help lower your meal cost.