



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Turban Chopsticks

Local Perth-based business creating a range of one pot meal kits including hand roasted spices to bring the perfect balance to your meal. Add any protein and veggies to suit your taste!





3 Spinach and Zucchini Fritters and Poached Eggs

Turban Chopsticks Onion Bhaji Mix becomes veggie-packed fritters with labneh and poached eggs.

Spice it up!

Mango or tomato chutney would be a great addition to this dish. Dollop over the fritters with the labneh.

 30 mins

 2 servings

 Vegetarian

25 June 2021

Per serve: **PROTEIN** 32g **TOTAL FAT** 53g **CARBOHYDRATES** 30g

FROM YOUR BOX

ENGLISH SPINACH	1 bunch
ZUCCHINI	1
LITTLE BITES ONION BHAJI MIX	1 packet
BROCCOLINI	1 bunch
CHERRY TOMATOES	1/2 packet (100g) *
MINT	1/2 bunch *
FREE RANGE EGGS	2
LABNEH	1 tub (300g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

3–4 minutes of cooking time on your eggs will give you soft yolks, if you like them hard, increase your cooking time to 5–6 minutes.

You can fry or boil your eggs if preferred

Protein upsize. To upsize your protein, poach the extra two eggs.



1. PREPARE VEGETABLES

Thoroughly wash and chop English spinach, grate zucchini. Heat a frypan over medium–high heat, add vegetables and cook for 2–3 minutes, until wilted. Remove from pan into a large mixing bowl.



2. MIX THE FRITTERS

Add the Little Bites mix to the bowl with vegetables, stir to combine, set aside.

Place a saucepan full of water over medium–high heat with **1/2 cup vinegar** (see step 5).



3. SAUTÉ VEGETABLES

Reheat frypan over medium–high heat with **oil**. Roughly chop broccolini, add to pan as you go with cherry tomatoes. Sauté for 3–5 minutes, toss through roughly torn mint leaves, season with **1 tsp vinegar, salt and pepper**. Put aside.



4. COOK THE FRITTERS

Reheat frypan over medium–high heat with **oil**. Cook 1/4 cup sized amounts of fritter mix for 3–4 minutes each side or until golden brown.



5. POACH THE EGGS

Once saucepan of water and vinegar is gently simmering, crack the eggs in and poach for 3–4 minutes (see notes). Remove with a slotted spoon and drain well (see notes).



6. FINISH AND PLATE

Evenly divide fritters among plates, top with labneh, poached eggs and serve with sautéed vegetables.

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

