



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Free-range Eggs

Eggs are nutritional powerhouses! They contain very high quality protein, iron, an abundance of vitamins, minerals and disease-fighting carotenoids!



2 Chorizo & Sunny Eggs with Croutons

A delicious salad tossed in a mashed avocado dressing and served topped with fried chorizo, boiled eggs and crunchy croutons - a winning combination.

 20 minutes

 2 servings



 Pork

8 February 2021

Make it family friendly

Make this dish more family friendly. Use the chorizo, eggs & cherry tomatoes to make a simple fry-pan frittata served with salad & croutons. Alternatively,, add some cooked pasta as a base & serve all ingredients on a platter for everyone to assemble their own plate.

FROM YOUR BOX

FREE-RANGE EGGS	2-4
GREEN BEANS	1 packet (150g)
AVOCADO	1
CHERRY TOMATOES	1 packet (200g)
PURPLE CARROT	1
MESCLUN LEAVES	1/2 bag (60g) *
CHORIZO 	1 packet
SPRING ONIONS	2
WHOLEMEAL BREAD ROLLS	2-pack
 HALLOUMI	1 packet (150g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, 1 small garlic clove
+ smoked paprika for no pork & Veg option.


KEY UTENSILS

saucepan, large frypan

NOTES

No pork option - chorizo is replaced with chicken schnitzels. Rub with 1 tsp smoked paprika and cook for 5 minutes on each side. Slice and add to salad to serve.

No gluten option - bread is replaced with GF bread.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. COOK THE EGGS & BEANS

Bring a saucepan with water to the boil. Add eggs and boil for 7 minutes. Trim, halve and add green beans for the last 3 minutes of cooking. Drain and cool under running water. Peel eggs.



2. MAKE AVOCADO DRESSING

Dice avocado and add to a bowl with **1 small crushed garlic clove** and **1 tbsp olive oil**. Roughly mash to combine and season to taste with **salt and pepper**.




3. PREPARE THE SALAD

Halve tomatoes and grate purple carrot. Add to bowl along with mesclun leaves and beans. Toss with avocado dressing.



4. COOK THE CHORIZO

Heat a large frypan with **oil** over medium-high heat. Slice and add chorizo and spring onions. Cook for 3-5 minutes or until golden. Set aside on a plate, leaving oil in the pan over medium heat.

 **VEG OPTION - Slice or dice halloumi and toss with 1/2 tsp smoked paprika. Cook as per instructions above.**




5. MAKE THE CROUTONS

Tear/slice bread (use to taste) into bite-sized pieces and toss in the heated pan for 3-5 minutes or until golden and crunchy. Add more **oil** if needed.



6. FINISH AND SERVE

Serve salad topped with chorizo, crunchy croutons and eggs.

 **VEG OPTION - Serve salad topped halloumi, crunchy croutons and eggs.**

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**

