



### HELLO -

#### **SWISS CHARD**

The leafy green is a stellar source of iron, magnesium, and vitamins A, C, and K



Yellow Onion

Garlic



Swiss Chard



**Diced Tomatoes** 

(Contains: Wheat)

Eggs (Contains: Eggs)



Coriander

Demi-Baguette

Cilantro

TOTAL: 30 MIN CALORIES: 590 PREP: 10 MIN

10

#### **START STRONG** -

If your pan does not have a lid, carefully cover it with aluminum foil while the Swiss chard and eggs cook.

#### **BUST OUT**

- Large pan
- Baking sheet
- Olive oil (1 TBSP | 5 tsp)



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#### PREP

Wash and dry all produce. Preheat oven to 400 degrees. Halve, peel, and finely dice onion. Mince or grate garlic. Trim Swiss chard stems then separate stems from leaves. Finely chop stems. Roughly chop leaves.



#### TOAST BREAD

Meanwhile, slice **baguette** into <sup>1</sup>/<sub>2</sub>-inch slices on a diagonal. Place on a lightly oiled baking sheet. Season with **salt** and **pepper**. Toast in oven until golden brown, 4-6 minutes.



#### COOK AROMATICS

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **onion**, **curry powder**, and ½ **tsp coriander** (we sent more). Cook until onion is softened, 3-4 minutes. Add the **garlic** and season with **salt** and **pepper**. Cook until garlic is fragrant, about 1 minute longer.



# Remove cover from pan. Using a

spoon, create two wells in **Swiss chard mixture**. Crack **eggs** into wells and cover. Cook until eggs reach desired doneness, 3-4 minutes. **TIP:** If you're in a hurry, swirl egg into the veggies to speed up cooking.



## COOK CHICKPEAS AND VEGGIES

Add **chickpeas** and toss to combine. Stir in **tomatoes** and bring to a boil. Lower heat and reduce to a simmer. Stir in **Swiss chard** and cover. Cook until stems are tender and leaves are wilted, 5-7 minutes.



**FINISH** Once **eggs** are cooked, remove cover. Season with **salt** and **pepper**. Tear **cilantro** into pieces and sprinkle over **egg mixture**. Divide between plates and serve with **baguette slices** for dipping.

#### - EGG-CELLENT!

This dish is proof that eggs are amazing well beyond breakfast.