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WK50
2016



Persian Baked Eggs with Crunchy Pita

This fragrant, warming dish of baked eggs and lentils is the perfect cutlery free dinner. We like our pita breads to be super crunchy, but if you like yours to be a little softer and sop up all the flavour, that's ok too!



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



nut free



high protein

Pantry Items



Olive Oil



Water



Eggs



Brown Onion



Carrot



Green Capsicum



Moroccan Spice Mix



Lentils



Diced Tomatoes



Baby Spinach Leaves



Pita Breads

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely chopped
1	2	carrot, peeled & finely chopped
1	2	green capsicum, finely chopped
1 sachet	2 sachets	Moroccan spice mix
1 tin	2 tins	lentils, drained & rinsed
1 tin	2 tins	diced tomatoes
½ cup	1 cup	water *
½ bag	1 bag	baby spinach leaves, washed
2	4	eggs *
3	6	pita breads (recommended amount)

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2960	Kj
Protein	33.4	g
Fat, total	15.9	g
-saturated	3.2	g
Carbohydrate	97.3	g
-sugars	19	g
Sodium	692	mg



You will need: *chef's knife, chopping board, sieve, large ovenproof frying pan, wooden spoon and grill pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Heat the **olive oil** in a large ovenproof frying pan over a medium-high heat. Add the **brown onion, carrot and green capsicum** and cook, stirring, for **5 minutes**, or until the onion softens. Add the **Moroccan spice mix** and cook for **1 minute**, or until fragrant. Add in the **lentils, diced tomatoes and water** and stir. Reduce the heat to a simmer for **5 minutes**, or until the mixture reduces slightly. Stir in the **baby spinach leaves** for **1 minute**, or until wilted. Season to taste with **salt and pepper**.

Tip: If you don't have an ovenproof frying pan, transfer the mixture to a baking dish before the next step.

3 With a spoon make small wells (one per person) in the sauce and add one of the eggs into each. Bake in the oven for **7-10 minutes**, or until the eggs are cooked to your liking. (Caution: the pan handle will be very hot).

Tip: Crack each egg into a mug or small bowl individually and then gently pour into the sauce, this ensures any shells or bad eggs are kept separate from the sauce.

4 Meanwhile heat a griddle pan on a high heat. Drizzle the **pita breads** with a little olive oil and grill for **1-2 minutes** each side or, until crispy and charred.

5 To serve, divide the Persian baked eggs and pitas between plates. Enjoy!

Did you know? Lentils were one of the first domesticated crops, and have been enjoyed since Neolithic times.