




Product Spotlight: Chilli


Chilli is rich in vitamin C and is a metabolism booster! That's why you can feel warm when eating chillies!



3 Coconut Curried Green Eggs with Flatbread

A great dish to pack in your green vegetables! Greens cooked in fragrant spices and coconut milk, with free range eggs, flat bread and fresh toppings.

 35 minutes

 2-3 servings

 Vegetarian

26 November 2021

Add some herbs!

If you have any spare herbs in your fridge or garden like parsley, mint, basil, dill or coriander, use them to garnish your finished dish.

Per serve: **PROTEIN** 54g **TOTAL FAT** 49g **CARBOHYDRATES** 78g

FROM YOUR BOX

FLATBREAD MIX	1 packet (160g)
SHALLOT	1
KALE	1 bunch
GREEN BEANS	1 bag (150g)
GREEN CHILLI	1
AVOCADO	1
GINGER	1 piece
COCONUT MILK	165ml
FREE RANGE EGGS	6

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, garam masala

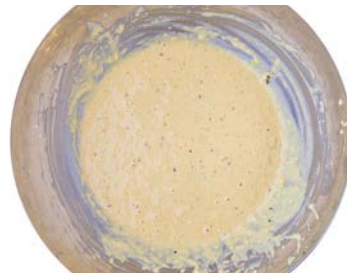
KEY UTENSILS

large frypan with lid, oven tray

NOTES

The flatbread mixture is made of chickpea flour and hemp seeds.

If you are looking to switch up this dish you could make a tomato-based sauce to cook the eggs in, and roast the kale to make chips.



1. PREPARE THE FLATBREAD

Set oven to 180°C.

Whisk together flatbread mix and **3/4 cup water**. Season with **salt and pepper**. Set aside for 7-10 minutes.



2. PREPARE INGREDIENTS

Thinly slice shallot and kale leaves. Trim and slice green beans. Slice chilli and avocado. Grate ginger.



3. BAKE THE FLATBREAD

Line an oven tray and drizzle with **olive oil**. Pour batter onto tray and spread with spatula. Bake for 20-25 minutes until golden and crisp round the edges.



4. COOK THE GREENS

Heat frypan over medium-high heat with **oil**. Add in shallot, ginger and **1 tbsp garam masala**. Cook for 1 minute. Add kale, green beans, coconut milk and **1 1/2 tins water**. Cook, covered, for 12 minutes. Season with **salt and pepper**.



5. ADD THE EGGS

Make 6 small divots and crack in eggs. Cook, covered, for 8-10 minutes or until eggs are cooked to your liking.



6. FINISH AND SERVE

Garnish eggs with chilli and avocado. Serve with flatbreads.

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**

