

# MARLEY SPOON



## Caribbean Jerk Beans

with Avocado and Eggs



20-30min



2 Portions

Hailing from Jamaica in the Caribbean islands, the hot, fragrant spice blend known as jerk is traditionally used as a dry rub or wet marinade for meat. Here, we've used the seasoning for black beans cooked with sweet potato, green capsicum and onion until soft and aromatic, and added just-set eggs for shakshuka-like effect. Served with crisp fried pita and creamy avocado, it's a vegetarian fies...



## What we send

- avocado
- coriander, garlic
- onion
- sweet potato
- Jamaican jerk spice blend <sup>1,6,17</sup>
- capsicum
- crushed tomatoes
- black beans
- pita <sup>1,6</sup>

## What you'll require

- eggs <sup>3</sup>
- olive oil
- sea salt and pepper
- water

## Utensils

- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

To ensure there are no pieces of shell, crack the eggs, one at a time, into a small bowl before adding them to the vegetable mixture.

## Allergens

Gluten (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 845kcal, Fat 26.1g, Carbs 112.4g, Proteins 30.7g



### 1. Prepare vegetables

Coarsely chop the **onion**. Crush or finely chop the **garlic**. Scrub or peel the **sweet potato**, then cut into 1cm chunks. Cut the **capsicum** into 1.5cm chunks, discarding the seeds and white membrane.



### 4. Add seasoning

Add the **jerk seasoning** to the vegetable mixture, season with **salt and pepper** and stir well to combine. Add the **tomatoes**, **beans**, **half the coriander** and **125ml (½ cup) water** and bring to the boil. Cover, reduce heat to low and cook for 8-10 mins until the vegetables are almost tender.



### 2. Cook vegetables

Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion**, **garlic**, **sweet potato** and **capsicum**, covered, stirring occasionally, for 5 mins or until starting to soften.



### 5. Add eggs

Meanwhile, heat **2 tsp olive oil** in a large frypan over high heat. Toast the **pita**, one at a time, for 1-2 mins each side until golden and crisp, adding an extra **2 tsp olive oil** for each pita. Make 2 egg-sized indents in bean mixture and carefully crack an **egg** into each one (see cooking tip). Cover and cook for a further 3-5 mins until the eggs are just set.



### 3. Prepare ingredients

Meanwhile, coarsely chop the **coriander**, including the stems. Drain and rinse the **black beans**.



### 6. Get ready to serve

Meanwhile, cut the **avocado** flesh into wedges, discarding the skin and stone. Carefully divide the **beans** and **eggs** among plates, scatter over the **remaining coriander** and serve with the **avocado** and **pita**.