

MARLEY SPOON



Caribbean Jerk Beans

with Avocado and Eggs



20-30min



4 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

- Jamaican jerk spice blend ^{1,6,17}
- coriander, garlic
- capsicum
- pita ^{1,6}
- avocado
- sweet potato
- onion
- crushed tomatoes
- black beans

What you'll require

- eggs ³
- olive oil
- sea salt and pepper
- water

Utensils

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 820kcal, Fat 25.9g, Carbs 108.2g, Proteins 29.8g



1. Prepare vegetables

Coarsely chop the **onion**. Crush or finely chop the **garlic**. Scrub or peel the **sweet potatoes**, 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 **180ml (¾ 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 **2 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 4 egg-sized indents in the bean mixture and carefully crack an **egg** into each one (see cooking tip). Cover and cook for a further 3-5 mins until 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**.

Customer Service: **02 6145 2910** Email: contact@marleyspoon.com.au

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