



Bombay Baked Eggs

with Crispy Onions and Naan



20-30min



2 Portions

Think of this as an Indian take on Middle Eastern shakshuka. Instead of a sweet capsicum sauce, we've used a chunky tomato and cauliflower curry, fragrant with cumin, coriander and ginger, as the tempting base for baked eggs, which cook in the pan at the same time. Fresh and wilted spinach add a touch of green, while warm naan make perfect spoons for mopping up all the sauce.

What we send

- cauliflower
- onion
- Greek-style yoghurt ⁷
- baby spinach leaves
- coriander, ginger, garlic
- diced tomatoes
- plain naan ^{1,3,6,7}
- coriander seeds
- cumin seeds
- tomato paste

What you'll require

- eggs ³
- sea salt and pepper
- sugar
- vegetable oil
- water

Utensils

- medium frypan
- small frypan

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

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 735kcal, Fat 35.3g, Carbs 70.5g, Proteins 25.6g



1. Prepare ingredients

Finely chop **1 onion**. Thinly slice the **remaining onion**. Crush the **garlic**. Peel and finely grate the **ginger**. Trim and cut the **cauliflower** into small florets. Put **1 tsp cumin seeds** and **1 tsp coriander seeds** (the remaining cumin and coriander won't be used in this dish) on a board. Using a rolling pin, tap the seeds to lightly crush.



2. Make crispy onions

Heat **1 tbs vegetable oil** in a small frypan over medium heat. Cook the **sliced onion**, stirring occasionally, for 8-10 mins until crisp and golden. Drain the crispy onions on paper towel. Reserve the pan.



3. Fry spices

Meanwhile, heat **1 tbs vegetable oil** in a medium frypan over medium heat. Toast the **crushed spices**, stirring constantly, for 1-2 mins until fragrant. Reduce the heat to low, add the **chopped onion, garlic** and **ginger** and cook, stirring, for 5 mins or until starting to soften.



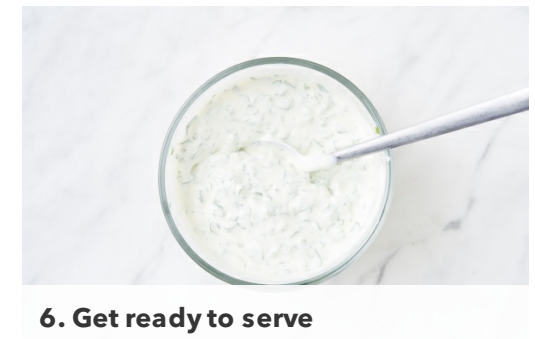
4. Cook sauce

Stir in the **cauliflower, diced tomatoes, 1 tbs tomato paste** (the remaining paste won't be used in this dish) and **80ml (1/3 cup) water**. Reduce heat to low and cook, covered, for 10 mins or until the sauce has thickened and the cauliflower is tender. Stir in **1/2 tsp sugar**, season with **salt and pepper** and cook for a further 1 min.



5. Add eggs

Stir in **half the spinach leaves**, then using the back of a wooden spoon, make 2 egg-shaped indents in the sauce. Carefully crack an **egg** into each one, then cover and cook over very low heat for 6-8 mins until the eggs are just set.



6. Get ready to serve

Meanwhile, finely chop the **coriander leaves**, discarding the stems, then stir into the **yoghurt**. *Heat the reserved frypan over high heat. Cook the naan for 1 min on each side or until light golden and heated through.* Divide the **Bombay baked eggs** among bowls and scatter over the **crispy onions** and **remaining spinach**. Serve with **naan** and **coriander yoghurt**.

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