Dinner

Eggs on Spiced Lentils with Peas

A gently simmered pan of red lentils, broccoli or cauliflower and peas in warm spices, topped with softly cooked eggs, lime zest and coriander.

55 min	368	29 g	8.8 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 4 servings

- [ ] 1 tablespoon sunflower oil
- [ ] 1 onion, chopped
- [ ] 2 cloves garlic, sliced
- [ ] 2.5 cm piece fresh ginger, peeled and finely chopped
- [ ] 2 tablespoons garam masala
- [ ] 1 tablespoon tomato paste
- [ ] 500 g broccoli or cauliflower, or a mixture of the two, cut into small florets
- [ ] freshly ground black pepper
- [ ] 1 cup (250ml) homemade or salt-reduced vegetable stock
- [ ] 3/4 cup (180g) red lentils, rinsed
- [ ] 6 eggs
- [ ] 2 cups (300g) frozen peas
- [ ] 1/4 cup (15g) chopped fresh coriander leaves, plus small sprigs, to serve
- [ ] coarsely grated zest of 1 lime (optional)
- [ ] lime wedges, to serve

Nutrition Facts

Per serving

Calories	**368**
Total fat	14 g
Saturated fat	3 g
Sodium	428 mg
Total carbs	29 g
Fiber	Not listed
Total sugars	8.8 g
Protein	32 g

Method

- [ ] 1 Warm the sunflower oil in a large saucepan over a medium heat, then fry the chopped onion, sliced garlic and finely chopped fresh ginger for 3 minutes.
- [ ] 2 Stir in the garam masala and tomato paste and cook for 1 minute.
- [ ] 3 Tip in the broccoli or cauliflower florets and season with freshly ground black pepper.
- [ ] 4 Pour in the vegetable stock and 750 ml water, bring to the boil, then stir in the red lentils.
- [ ] 5 Cover the pan, turn the heat down to low and simmer for 15 minutes, stirring now and then.
- [ ] 6 While the lentils simmer, place the eggs in a saucepan of cold water, bring just to the boil and boil gently for 6 minutes.
- [ ] 7 Drain the eggs, rinse them under cold water, then tap the shells to crack them and peel carefully, as they will be slightly soft in the middle.
- [ ] 8 Lower the whole eggs and frozen peas into the lentil mixture and stir gently.
- [ ] 9 Bring back to a simmer, cover and cook for about 5 minutes, until the peas are tender and the sauce has thickened.
- [ ] 10 Lift the eggs out with a spoon and cut them in half, then spoon the spicy vegetable mixture onto four plates.
- [ ] 11 Toss the chopped fresh coriander leaves with the lime zest, if using, and scatter it over the vegetables, then arrange three egg halves on each plate.
- [ ] 12 Finish each plate with lime wedges and coriander sprigs and serve straight away.

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