



Indian Style Baked Eggs

with Chickpeas, Naans and Mango Chutney Yoghurt

CLASSIC 35 Minutes • Medium Spice • 1.5 of your 5 a day • Veggie

Nº 24



Onion



Garlic Clove



Coriander



Chickpeas



Korma Paste



Cumin



Finely Chopped Tomatoes



Vegetable Stock Powder



Nigella Seeds



Mango Chutney



Eggs



Natural Yoghurt



Naan

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Saucepan, Ovenproof Dish and Baking Tray.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Chickpeas	1 carton	1½ cartons	2 cartons
Korma Paste 9)	1 sachet	1½ sachets	2 sachets
Cumin	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Nigella Seeds	1 pot	1 pot	1 pot
Mango Chutney	1 sachet	2 sachets	2 sachets
Eggs 8)**	4	6	8
Natural Yoghurt 7)**	75g	100g	150g
Olive Oil for the Naans*	2 tbsp	3 tbsp	4 tbsp
Naan 7) 13)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	731g	100g
Energy (kJ/kcal)	3784 /905	517 /124
Fat (g)	35	5
Sat. Fat (g)	7	1
Carbohydrate (g)	103	14
Sugars (g)	32	4
Protein (g)	40	5
Salt (g)	4.74	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat ! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!

Packed in the UK



1. Get Prepped

Preheat your oven to 180°C. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Drain and rinse the **chickpeas** in a sieve.



4. Make the Mango Yoghurt

Meanwhile, pop the **yoghurt** into a small bowl and add the remaining **mango chutney**. Season with **salt** and **pepper**, stir and set aside. Pop **half the coriander**, remaining **garlic** and **oil** (see ingredients for amount) into a small bowl. Stir and season with **salt** and **pepper**.



2. Start Cooking

Heat a drizzle of **oil** in a large saucepan over medium heat. Once hot, add the **onion** and cook, stirring occasionally, until soft and golden, 8-10 mins. Once the **onion** is cooked add the **korma paste**, **ground cumin** and **half the garlic**. Cook, stirring, for 1 minute. Add the **chopped tomatoes** with the **vegetable stock powder** and a splash of **water**. Add the **chickpeas**, **half of the nigella seeds**, **half the mango chutney** and season with **salt** and **pepper**. Add a pinch of **sugar** if you have some. Simmer until thickened, 8-10 mins.



5. Warm the Naans

Pop the **naans** on a baking tray, then evenly spread the **coriander garlic oil** onto the **naans** with a back of a spoon, set aside. About 4 mins before the eggs are cooked, pop the **naans** onto a baking tray and bake until warmed through, 3-4 mins.



3. Bake!

Once thickened, tip the **tomato mixture** into a wide baking dish and make a well with the back of a spoon for each **egg** (2 eggs per person). Crack an **egg** into a small bowl and tip into one of the wells. Repeat with the remaining **eggs** then scatter over the remaining **nigella seeds**. Bake on the middle shelf, until the **eggs** are cooked to your liking, 15-20 mins.



6. Serve

Divide the **baked eggs** between plates and scatter over the remaining **coriander**. Serve with the **naans** and **yoghurt** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.