

Ingredients



2 Pasture-Raised Eggs



½ cup Green Lentils



6 oz Carrots



1 bunch Mint



1 Tbsp Smooth Peanut Butter Spread



1 13.5-oz can Light Coconut Milk



1 Lime



1 Yellow Onion



1 Tbsp Yellow Curry Paste



1 Tbsp Soy Sauce



2 pieces Naan Bread



2 cloves Carrots



1 Zucchini



1 piece Ginger



1) Prepare the ingredients

- If you prefer to use an oven to warm the naan instead of a microwave, preheat the oven to 375°E.
- Wash and dry the fresh produce.
- Peel the ginger; finely chop to get 2 teaspoons (you may have
- · Halve, peel, and medium dice the onion.
- Peel 2 cloves of garlic; roughly chop one clove. Using a zester, finely grate the remaining clove into a paste (or use the small side of a box grater).
- Place the garlic paste in a bowl; add 1 tablespoon of olive oil and season with salt and pepper. Stir to combine.
- · Quarter the lime.
- Pick the mint leaves off the stems.

2 Make the curry

- In a medium pot, heat a drizzle of olive oil on medium-high until hot.
- Add the chopped ginger, diced onion, and chopped garlic; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.



- Add the curry paste. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined.
- Add the lentils, peanut butter spread, soy sauce (carefully, as the liquid may splatter), coconut milk, and 11/4 cups of water; season with salt and pepper. Stir to combine. Heat to boiling on high.
- Once boiling, cook, stirring occasionally, 22 to 24 minutes, or until thickened and the lentils are tender.
- Turn off the heat. Stir in the juice of 2 lime wedges. Taste, then season with salt and pepper if desired.

3 Prepare & cook the vegetables

- Meanwhile, medium dice the zucchini.
- Peel the carrots: halve lengthwise, then cut crosswise into 1/2-inch pieces.
- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.

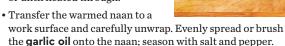


Step 3 continued:

- Add the diced zucchini and carrot pieces in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper.
- Continue to cook, stirring occasionally, 4 to 5 minutes, or until browned and softened.
- · Transfer to a bowl and cover with foil to keep warm.
- · Wipe out the pan.

4 Make the garlic naan

- Meanwhile, if using a microwave, wrap the naan in a damp paper towel and microwave on high 1 minute, or until heated through.
- If using the oven, wrap the naan in foil and place directly onto an oven rack; warm 7 to 9 minutes, or until heated through.



• Cut into equal-sized wedges.



5 Fry the eggs & serve your dish

- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Crack the eggs into the pan, keeping them separate. Season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.



• Serve the curry topped with the cooked vegetables and fried eggs. Garnish with the mint leaves (tearing just before adding). Serve the garlic naan and remaining lime wedges on the side. Enjoy!

NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

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Produced in a facility that processes crustacean

shellfish, egg, fish, milk, peanuts, soy, tree nuts,

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