with Potatoes, Chickpeas & Cilantro Sauce

(1) 35-45 MINS

2 SERVINGS

For this comforting stovetop dish, we're nestling rich eggs between a hearty mix of chickpeas, potatoes, and carrots—simmered in a robust sauce spiced with our savory tomato chutney (which highlights an Indian-style blend of tamarind, turmeric, and more).

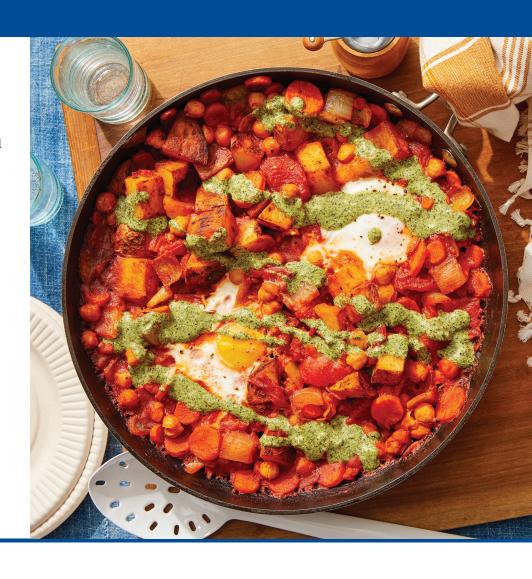


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Floral & Aromatic

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Ingredients



PASTURE-RAISED EGGS



1 15.5-oz can CHICKPEAS



6 oz CARROTS



1/4 cup CILANTRO SAUCE



2 Tbsps FROMAGE BLANC



1 15-oz can CRUSHED TOMATOES



3/4 lb GOLDEN **OR** RED POTATOES



1 SWEET OR YELLOW ONION



2 Tbsps SAVORY TOMATO CHUTNEY











1 Prepare & cook the potatoes:

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the potatoes.
- Once boiling, add the diced potatoes. Cook 11 to 13 minutes, or until slightly tender when pierced with a fork. Drain thoroughly.

2 Prepare the remaining ingredients:

- Meanwhile, peel the **carrots**; thinly slice into rounds.
- Halve, peel, and medium dice the **onion**.
- Drain and rinse the chickpeas.
- ☐ In a bowl, whisk together the **cilantro sauce** and **fromage blanc**. Taste, then season with salt and pepper if desired.

3 Cook the carrots & onion:

- ☐ In a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot.
- Add the **sliced carrots** and **diced onion**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.
- ☐ Transfer to a bowl. Wipe out the pan.

4 Start the skillet:

- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the **cooked potatoes** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned on all sides.
- Add the drained chickpeas, cooked carrots and onion, and tomato chutney; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Add the **crushed tomatoes** (carefully, as the liquid may splatter) and ¼ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until combined and the liquid is slightly thickened.

5 Finish the skillet & serve your dish:

- Using a spoon, create 2 shallow wells in the center of the **skillet**. Crack an **egg** into each well; season with salt and pepper. Loosely cover the pan with foil and cook 4 to 5 minutes, or until the egg whites are set and the yolks are cooked to your desired degree of doneness.
- ☐ Turn off the heat and let stand at least 2 minutes before serving.
- Serve the finished skillet topped with the creamy cilantro sauce. Enjoy!

NUTRITION PER SERVING (AS PREPARED)* Calories: 690, Total Carbohydrates: 98g, Dietary Fiber: 24g, Added Sugar: 0g, Total Fat: 24g, Saturated Fat: 3.5g, Protein: 24g, Sodium: 1650mg.