

Indian-Style Egg Skillet

with Potatoes, Chickpeas & Cilantro Sauce

VEGETARIAN

🕒 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

Serve a bottle with this symbol for a great pairing.



Ingredients



2
PASTURE-RAISED
EGGS



1 15.5-oz can
CHICKPEAS



6 oz
CARROTS



¼ cup
CILANTRO SAUCE



2 Tbsps
FROMAGE BLANC



1 15-oz can
CRUSHED
TOMATOES



¾ lb
GOLDEN OR RED
POTATOES



1
SWEET OR
YELLOW ONION



2 Tbsps
SAVORY TOMATO
CHUTNEY



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare & cook the potatoes:

- ☐ Fill a medium pot $\frac{3}{4}$ 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 **$\frac{1}{4}$ 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.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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