



Egyptian Red Bean Stew

with Fried Egg, Herbs & Pita



30min



2 Servings

This warming dish is inspired by ful medames, a hearty Egyptian stew typically made with fava beans. For our version, we swapped the favas for creamy kidney beans, which simmer along with tomatoes, ground cumin, and onions for a rich, belly-pleasing supper. We top off each serving with a protein-rich, sunny-side-up egg and serve crisp, toasted pita on the side.

What we send

- 1 yellow onion
- 2 plum tomatoes
- garlic
- ½ oz fresh cilantro
- ½ oz fresh parsley
- ¼ oz ground cumin
- 15 oz can kidney beans
- 1 pkt vegetable broth concentrate
- 2 Mediterranean pitas ^{1,6,11}
- 1 lemon

What you need

- olive oil
- kosher salt & ground pepper
- 2 large eggs ³

Tools

- medium pot
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 30g, Carbs 86g, Protein 30g

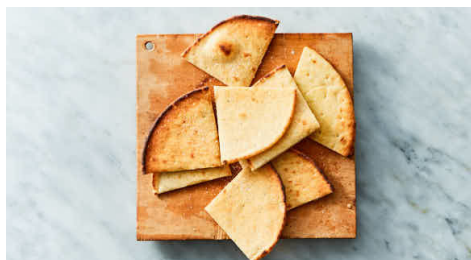


1. Prep ingredients

Cut **onion** into ½-inch pieces. Core **tomatoes**, then cut into ½ inch pieces.

Finely chop **2 teaspoons garlic**.

Coarsely chop **cilantro and parsley leaves and stems** together.



4. Toast pitas

Meanwhile, brush **pitas** on both sides with **oil**. Broil directly on top oven rack until browned, about 1 minute per side (watch closely as broilers vary.) Transfer to a cutting board. Drizzle with more **oil**, if desired, then cut into wedges. Season with **salt**.



2. Sauté aromatics

Preheat broiler with a rack in the top position.

Heat **1½ tablespoons oil** in a medium pot over medium-high. Add **onions** and **half of the chopped garlic**; season with **salt** and **pepper**. Cook, stirring, until onions are softened and browned in spots, 4-5 minutes. Stir in **1 teaspoon ground cumin** and cook until fragrant, about 30 seconds.



5. Fry eggs

Heat **2 tablespoons oil** in a medium nonstick skillet over high. Carefully crack in **2 large eggs** and lightly sprinkle with **salt** and **pepper**. Cook until edges are light brown and crispy and whites are just set, about 1 minute. Cover and cook 30 seconds more (edges should be very crisp and yolks still runny).



3. Braise beans

Add **beans and their liquid, tomatoes, broth concentrate, half each of the cilantro and parsley**, and **1 cup water**. Cover and bring to a boil over high heat. Uncover, reduce heat to medium, and simmer until stew is thick and flavorful, about 12 minutes. Season to taste with **salt** and **pepper**. Cover and keep warm over low heat.



6. Finish & serve

Cut **lemon** into wedges and squeeze **2 teaspoons juice** into **stew**. Stir in **remaining chopped garlic** and **half of the remaining cilantro and parsley**.

Serve **red bean stew** topped with **fried eggs** and **remaining parsley and cilantro**. Serve with **toasted pita** and **any remaining lemon wedges**. Enjoy!