



# *Jerk Veggies with* **7-Minute Eggs**

BY CHEF GREGORY GOURDET

SERVES 4

## KNOW AHEAD:

We recommend sourcing very ripe plantains, ideally very black and yellow. (should look like any of the last three plantains in [this pic](#) ↗) If needed, you can ripen plantains at home – it takes 1-2 weeks for them to get very ripe and very sweet. Gregory promises it's worth it!

SUBSTITUTIONS → **COCONUT SUGAR:** Brown sugar or white sugar

**TAMARI:** Regular soy sauce also works

SERVE WITH →

- A good flaky sea salt

INGREDIENTS → ½ Jerk Veggies with 7-Minute Eggs

Seasoning Card:

- ½ tsp (1 pod) Habanero Chile
- ½ tsp (1 pod) Allspice Powder
- ½ tsp (1 pod) Thyme
- ½ tsp (1 pod) Tellicherry Black Pepper

NOTE: THIS CARD HAS ENOUGH SPICE TO SERVE FOUR PEOPLE TWICE OR EIGHT PEOPLE ONCE.

## FRESH

- 1 2-inch piece of fresh ginger root
- 1 small shallot
- 1 medium garlic clove
- 1 bunch medium beets, about 4-6
- 8 small carrots
- 1 small head broccoli
- 1 very ripe plantain (it will appear yellow and black – the darker the riper!)
- 1 small sweet potato
- 2 bell peppers, red or yellow
- 1 medium handful green beans
- 1 small red onion
- ¼ cup fresh lime juice (usually takes about 2-3 whole limes)
- 8 large eggs
- 1 scallion

## PANTRY

- 5 tsp kosher salt, divided
- ½ cup olive oil, divided
- 3 Tbsp coconut sugar
- ¼ cup tamari

## INSTRUCTIONS

**1. PREP:** Preheat the oven to 450°F and line a sheet tray with parchment paper. Peel the ginger and cut into very thin slices. Peel and roughly chop the shallot. Peel the garlic clove. Wash the beets well, stems on, and cut each beet into eighths. Scrub the carrots well and cut any larger ones in half. Cut the broccoli into florets. Peel the sweet potato and cut into ½-inch chunks. Seed the bell peppers and cut into large strips. Peel the plantain and cut into ½-inch pieces. Trim the ends of the green beans. Peel and cut the red onion into ½-inch wedges.

**2. START ROASTING THE VEGGIES:** Place the beets, carrots, sweet potato, bell peppers, broccoli, plantain, green beans, and red onion on the sheet tray in a flat and even layer (or as flat and even as you can, it won't be perfect). Sprinkle them with 3 tsp salt and drizzle with ¼ cup olive oil. Roast the mixture until it's crisp, tender, and slightly charred at the edges, usually about 20-25 minutes. As the veggies cook, make the dressing and the eggs.

**3. MAKE THE DRESSING:** To a blender, add the garlic clove, ginger, shallot, coconut sugar, tamari, fresh lime juice, 2 tsp salt, 1 Habanero Chile pod, 1 Allspice Powder pod, 1 Thyme pod, and 1 Tellicherry Black Pepper pod. Blend until it's a smooth puree. Add ¼ cup olive oil to the puree and continue to blend until fully mixed through and creamy. Set aside.

**4. MAKE THE EGGS:** Bring 8 cups of water to a boil in a medium pot over high heat. Carefully lower 8 eggs into the pot, making sure not to crack them on the way down. A slotted spoon helps a lot with this part. As soon as the last egg has been added, set a timer and boil the eggs for exactly 7 minutes. After 7 minutes, turn off the heat, carefully drain the hot water and refill the pot with cool water. Allow the eggs to cool until they can be handled and then carefully crack and peel them, running each egg under cool water if any shell bits stick.

**5. PLATE:** Once the vegetables are done roasting, nestle the eggs in the veggies and cut them in half. Season the pan with a good flaky sea salt and drizzle the entire batch of dressing evenly across the sheet pan. Scoop portions of 4 egg halves and dressed veggies onto 4 plates and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*