



Goat's Cheese Shakshouka

with warm crusty baguette

Veggie Calorie Smart 35-40 mins • Eat me first • Egg(s) not included • Spicy

14



Baguette



Goat's Cheese



Onion



Garlic



Chilli



Bell Pepper



Parsley



Paprika



Chopped Tomatoes



Harissa Paste

Pantry Items: Oil, Water, Sugar, Salt, Pepper, Egg



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid

Ingredients

	2P	4P
Baguette	2 units	4 units
Goat's Cheese	100 g	200 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Chilli	½ unit	1 unit
Bell Pepper	1 unit	2 units
Parsley	5 g	10 g
Paprika	1 sachet	2 sachets
Chopped Tomatoes	1 pack	2 packs
Harissa Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	547.3 g	100 g
Energy (kJ/kcal)	2585.7 kJ/ 618 kcal	472.4 kJ/ 112.9 kcal
Fat (g)	17.7 g	3.2 g
Sat. Fat (g)	9.6 g	1.8 g
Carbohydrate (g)	90.9 g	16.6 g
Sugars (g)	20 g	3.7 g
Protein (g)	25.5 g	4.7 g
Salt (g)	4.3 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

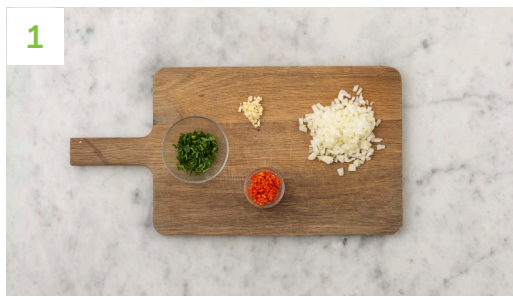
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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm strips.
- Halve the **chilli** and discard the core and seeds. Finely chop **half** (double for 4p).
- Finely chop the **parsley** (stalks and all).



Cook the Eggs

- Make small craters in the sauce, then crack in the **eggs** (1-2 per person).
- Season with **salt** and **pepper** and crumble over the **goat's cheese**.
- Cover and allow the **eggs** to cook, 5-6 mins.
- When 3 mins of cooking time remain, remove the lid and increase the heat a little to evaporate any excess **water**.



Start the Shakshouka

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion**, **garlic** and chopped **chilli** (use less if you don't like spice) until fragrant, 2 mins.
- Add the **pepper**, **paprika**, **chopped tomatoes** and **half** the chopped **parsley**.
- If you like, add a pinch of **sugar** to cut the acidity of the sauce.



Bake the Baguettes

- While shakshouka simmers, pop the **baguettes** into the oven.
- Cook until warmed through, 2-3 mins.



Simmer the Sauce

- Add 60ml **water** (double for 4p) to the pan.
- Bring to the boil while stirring, then cover with the lid and simmer over medium-high heat until slightly reduced, 5 mins.
- Stir through the **harissa paste**.
- Season to taste with **salt** and **pepper**.

TIP: Add another splash of water if the sauce becomes too dry.



Finish and Serve

- Divide the **goat's cheese** shakshouka between bowls.
- Garnish with the remaining chopped **parsley**.
- Serve the **baguette** on the side, tearing off chunks to mop up the sauce.

Enjoy!