



# Goat's Cheese Shakshouka

with crusty toasted bread

Veggie Calorie Smart 35-40 mins

10



Goat's Cheese



Onion



Garlic



Chilli



Bell Pepper



Parsley



Paprika



Chopped Tomatoes



Baguette

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



## Before you start

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

## Cooking tools you will need

Grater, Pan with Lid

## Ingredients

	2P	4P
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
Baguette	2 units	4 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	527.2 g	100 g
Energy (kJ/kcal)	2468.9 kJ/ 590.1 kcal	468.3 kJ/ 111.9 kcal
Fat (g)	17.1 g	3.2 g
Sat. Fat (g)	11.1 g	2.1 g
Carbohydrate (g)	84.9 g	16.1 g
Sugars (g)	17.5 g	3.3 g
Protein (g)	23.2 g	4.4 g
Salt (g)	3.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

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### Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **onion** into small pieces and peel then 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 the **chilli** (double for 4p).
- Finely chop half the **parsley** (double for 4p).



### Cook the Eggs

- Make small craters in the sauce, then crack the **eggs** (1-2 per person) into them. Season with **salt** and **pepper**.
- Crumble the **goat's cheese** all over, cover and let the **eggs** cook, 5-6 mins.
- During the last 3 mins, remove the lid and increase the heat a little to evaporate any excess **water**.



### Start the Shakshouka

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



### Bake the Baguette

- Meanwhile, lay the **baguettes** on a baking tray.
- Bake for 8-10 mins or until golden brown.



### Simmer the Sauce

- Add 60ml **water** (double for 4p) to the pan.
- Bring to the boil while stirring, then simmer, covered, for 5 mins over medium-high heat.
- Season with **salt** and **pepper**.

**TIP:** If you're in a hurry you can boil the water in your kettle.



### Finish and Serve

- Divide the shakshouka between your plates.
- Garnish with the remaining chopped **parsley** and serve the **baguette** on the side.

## Enjoy!