



Goat's Cheese Shakshouka

with crusty toasted bread

Veggie Calorie Smart 35-40 mins

10



Garlic



Bell Pepper



Baguette



Parsley



Chilli



Paprika



Goat's Cheese



Onion



Chopped Tomatoes

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

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.

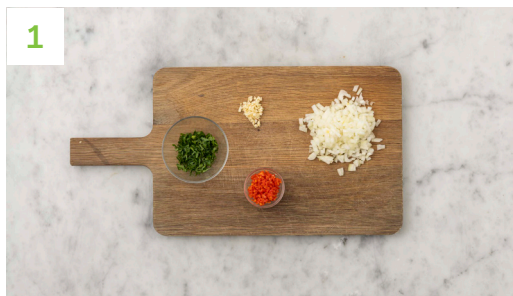
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **onion** 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 the **parsley**.



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 chopped **chilli** (use less if you don't like spice) for 2 mins.
- Add the **pepper, paprika, chopped tomatoes** and half the **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 **parsley** and serve the **baguette** on the side.

Enjoy!