



Goat's Cheese Shakshouka

with warm crusty baguette

Veggie Calorie Smart 35-40 mins • Eat me first

10



Baguette



Onion



Garlic



Chilli



Bell Pepper



Parsley



Paprika



Chopped Tomatoes



Goat's Cheese

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

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
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
Goat's Cheese	100 g	200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	527.3 g	100 g
Energy (kJ/kcal)	2527.1 kJ/ 604 kcal	479.3 kJ/ 114.5 kcal
Fat (g)	18 g	3.4 g
Sat. Fat (g)	11.4 g	2.2 g
Carbohydrate (g)	87.6 g	16.6 g
Sugars (g)	18.9 g	3.6 g
Protein (g)	24.7 g	4.7 g
Salt (g)	3.3 g	0.6 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.

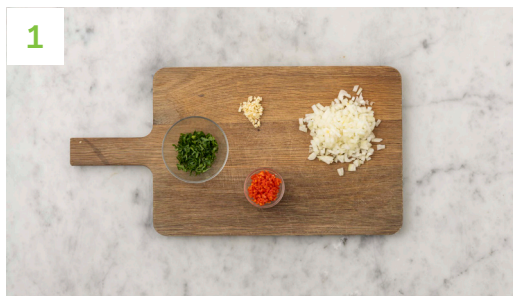
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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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**.



Cook the Eggs

- Make small craters in the sauce, then crack the **eggs** (1-2 per person) into them.
- Season with **salt** and **pepper** and crumble the **goat's cheese** all over.
- Cover and let the **eggs** 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) for 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 Baguette

- 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 simmer, covered, over medium-high heat, 5 mins.
- Season with **salt** and **pepper**.

TIP: Add a splash of water if it becomes too dry.



Garnish and Serve

- Divide the shakshouka between your plates.
- Garnish with the remaining chopped **parsley**.
- Serve the **baguette** on the side, tearing off chunks to mop up the sauce.

Enjoy!