



White Bean Shakshouka

with coriander and crumbled goat's cheese

Veggie 25-30 mins

7



Cannellini Beans



Lime



Garlic



Coriander



Scallion



Central American Style Spice Mix



Chopped Tomatoes



Goat's Cheese



Tortilla

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

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, sieve

Ingredients

	2P	4P
Cannellini Beans	1 pack	2 packs
Lime	½ unit	1 unit
Garlic	1 unit	2 units
Coriander	5 g	10 g
Scallion	2 units	4 units
Central American Style Spice Mix	1 sachet	2 sachets
Chopped Tomatoes	1 pack	2 packs
Goat's Cheese	100 g	200 g
Tortilla	8 units	16 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	588 g	100 g
Energy (kJ/kcal)	3029.2 kJ/ 724 kcal	515.2 kJ/ 123.1 kcal
Fat (g)	25 g	4.3 g
Sat. Fat (g)	15.8 g	2.7 g
Carbohydrate (g)	84.8 g	14.4 g
Sugars (g)	13 g	2.2 g
Protein (g)	31.6 g	5.4 g
Salt (g)	5.7 g	1 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.

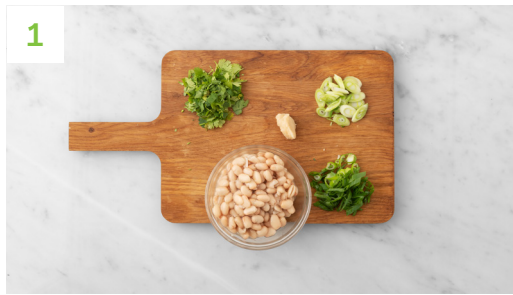
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

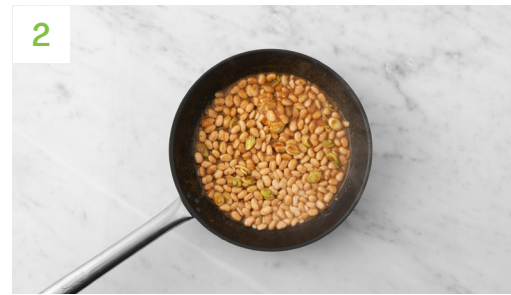
- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **cannellini beans** in a sieve. Quarter the **lime**.
- Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).
- Trim and thinly slice the **scallion**. Keep the white and green parts separate.

TIP: To avoid turning on your oven, you can warm the tortillas by dry-frying them in a pan instead!



Add the Optional Egg

- Make craters in the sauce and crack in your **eggs** (1 per person).
- Cover the pan and cook for 6-8 mins.
- Remove the lid after 4 mins and crumble over the **goat's cheese**.
- Simmer uncovered for the remaining cooking time to evaporate any excess **water**.



Cook the Beans

- Place a pan over medium heat (without oil).
- Once hot, dry-fry the **Central American spice mix** until fragrant, 1 min.
- Add a drizzle of **oil** to the pan then fry the **garlic, beans** and white portion of the **scallion** until softened, 2-3 mins.



Warm Your Tortillas

- While the shakshouka cooks, pop the **tortillas** into the oven to warm, 1-2 mins.

TIP: If you prefer, warm the tortillas by dry-frying them in the pan for 1-2 mins.



Simmer the Shakshouka

- Add the **chopped tomatoes** and the juice of 2 **lime** wedges (double for 4p).
- Mix well and simmer until warmed through, 3-4 mins.
- Season to taste with **salt, pepper** and **sugar**.



Serve and Enjoy

- Divide the white **bean** shakshouka between bowls.
- Garnish with the chopped **coriander** and green of the **scallion**.
- Serve with the warmed **tortillas** and any remaining **lime** wedges alongside.

Enjoy!