



Goat's Cheese Shakshouka

with warm crusty baguette

Veggie 35-40 mins • Egg(s) not included • Spicy

7



Goat's Cheese



Onion



Garlic



Chilli



Bell Pepper



Parsley



Paprika



Chopped Tomatoes



Baguette



Harissa Paste



Pumpkin Seeds

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



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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
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
Harissa Paste	1 sachet	2 sachets
Pumpkin Seeds	20 g	40 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	557.3 g	100 g
Energy (kJ/kcal)	2824 kJ/ 675 kcal	507 kJ/ 121 kcal
Fat (g)	22.3 g	4 g
Sat. Fat (g)	10.5 g	1.9 g
Carbohydrate (g)	92.3 g	16.6 g
Sugars (g)	20.1 g	3.6 g
Protein (g)	27.9 g	5 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.

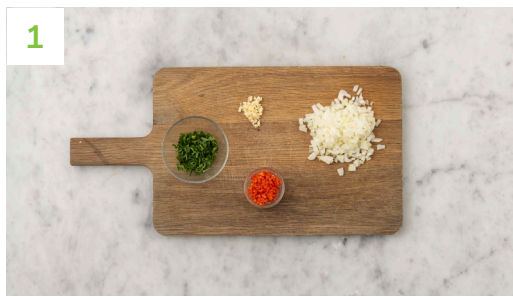
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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and 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 heat (no oil)
- Once hot, add the **pumpkin seeds** and dry-fry, shifting constantly, 1 min. Remove from the pan and set aside.
- Return the pan to 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**. 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, 5-6 mins.
- Once simmered, 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 a scattering of **pumpkin seeds** and the remaining chopped **parsley**.
- Serve the **baguette** on the side, tearing off chunks to mop up the sauce.

Enjoy!