



# White Bean Shakshouka

with coriander and crumbled goat's cheese

Veggie Quick Cook 25 – 30 mins • Egg(s) not included • Spicy

21



Cannellini Beans



Lime



Garlic



Coriander



Scallion



Central American  
Style Spice Mix



Chopped Tomato  
with Onion & Garlic



Goat's Cheese



Tortilla



Avocado



Chipotle Paste

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



Rate your recipe!

## 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 Tomato with Onion & Garlic	1 pack	2 packs
Goat's Cheese	100 g	200 g
Tortilla	8 units	16 units
Avocado	1 unit	2 units
Chipotle Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>693 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3748.9 kJ/ 896 kcal	541 kJ/ 129.3 kcal
Fat (g)	37.8 g	5.5 g
Sat. Fat (g)	16.2 g	2.3 g
Carbohydrate (g)	99.7 g	14.4 g
Sugars (g)	16.8 g	2.4 g
Protein (g)	34.2 g	4.9 g
Salt (g)	7.3 g	1.1 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.

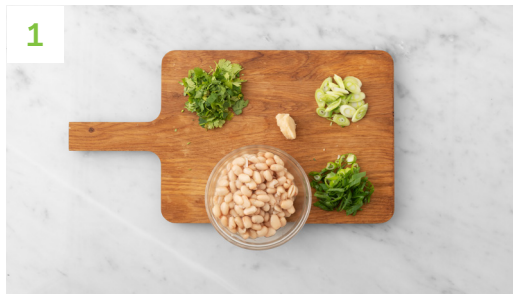
## Contact

Share your creations with  
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



## Get Prepped

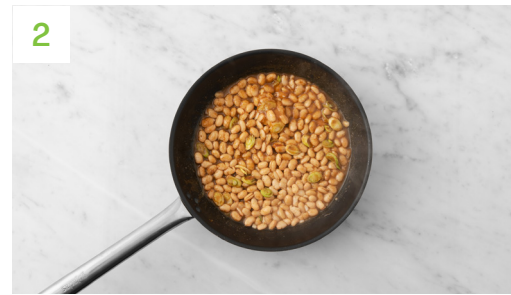
- Preheat your oven (for the tortillas) to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **cannellini beans** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all). Quarter the **lime**.
- Trim and thinly slice the **scallion**. Keep 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** (one 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 along with the **garlic, beans** and the white portion of the **scallion**.
- Cook until softened, 2-3 mins.



## Warm Your Tortillas

- While the shakshouka cooks, pop the **tortillas** into the oven to warm, 1-2 mins.
- Halve the **avocado** and remove the pit.
- Cut the **avocado** into cubes while it's still in its skin, then use a tablespoon to scoop out the chunks into a serving bowl.



## Simmer the Shakshouka

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



## Serve and Enjoy

- Divide the white **bean** shakshouka between bowls.
- Garnish with the chopped **coriander**, the green of the **scallion** and a drizzle of **chipotle paste**.
- Serve with the warm **tortillas, avocado** chunks and any remaining **lime** wedges for squeezing over.

Enjoy!