



Goat's Cheese Shakshouka

with warm crusty bread

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

10



Goat's Cheese



Onion



Garlic



Chilli



Bell Pepper



Parsley



Paprika



Chopped Tomato with Onion & Garlic



Harissa Paste



Ciabatta

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



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

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 Tomato with Onion & Garlic	1 pack	2 packs
Harissa Paste	1 sachet	2 sachets
Ciabatta	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	492.3 g	100 g
Energy (kJ/kcal)	1966.5 kJ/ 470 kcal	399.4 kJ/ 95.5 kcal
Fat (g)	19.4 g	3.9 g
Sat. Fat (g)	9.9 g	2 g
Carbohydrate (g)	53.8 g	10.9 g
Sugars (g)	18.8 g	3.8 g
Protein (g)	21 g	4.3 g
Salt (g)	4.7 g	0.9 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.

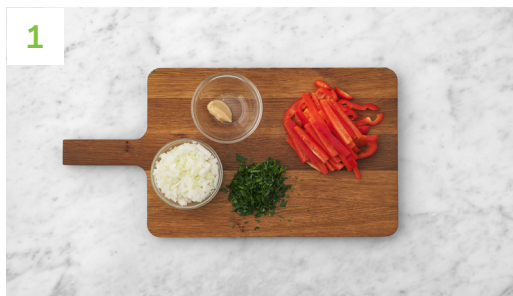
Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at hellofresh.ie/about/faq



You can recycle me!



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 a chilli** (use all for 4P and 6P).
- 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**.

TIP: Not a fan of goat's cheese? Don't worry, it will still be delicious without!



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) until fragrant, 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 Ciabatta

- While shakshouka simmers, halve the **ciabatta**.
- Pop the **ciabatta** into the oven.
- Cook until warmed through, 2-3 mins.



Simmer the Sauce

- Add 60ml **water** (per 2P) 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 the remaining chopped **parsley**.
- Serve the **ciabatta** on the side, tearing off chunks to mop up the sauce.

Enjoy!