



# 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



Avocado

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	4 units	8 units
Avocado	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>635.8 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3104.5 kJ/ 742 kcal	488.3 kJ/ 116.7 kcal
Fat (g)	37 g	5.8 g
Sat. Fat (g)	15.7 g	2.5 g
Carbohydrate (g)	68.3 g	10.7 g
Sugars (g)	12.4 g	2 g
Protein (g)	29.2 g	4.6 g
Salt (g)	4.8 g	0.8 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.

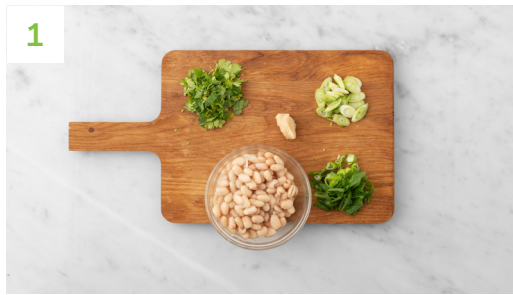
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

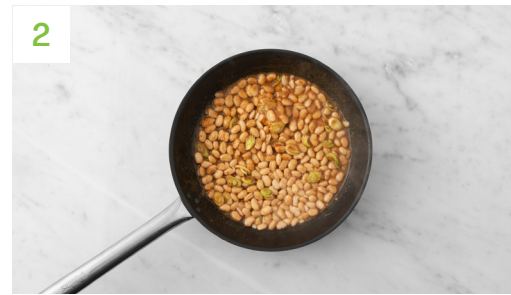
- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Drain the **cannellini beans**. Quarter the **lime**.
- Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).
- Trim and thinly slice the **scallion**. Keep the white and green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

**TIP:** Alternatively, you can warm your tortillas by dry-frying them in the pan.



## Add the Optional Egg

- Crack your **eggs** (1 per person) into the **tomato sauce**.
- 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**.



## Start the Sauce

- Place a pan over medium heat (no oil).
- Once hot, dry-fry the **Central American spice mix** for 1 min.
- Add a drizzle of **oil** to the pan and fry the **garlic**, **beans** and white portion of the **scallion**, 2-3 mins.



## Warm Your Tortillas

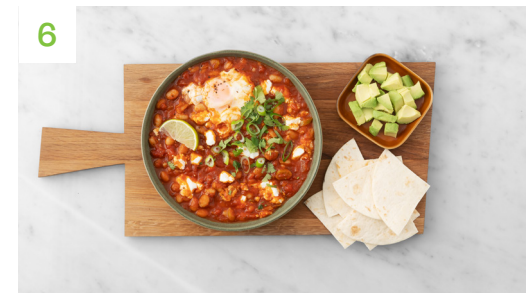
- Meanwhile, pop **half the tortillas** (double for 4p) into the oven to warm, 1-2 mins.
- Halve the **avocado** and remove the pit.
- Cut the **avocado** into cubes while it's still in its skin, then use a tablespoon to scoop out the chunks into a serving bowl.

**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 for 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 warm **tortillas**, **avocado** chunks and any remaining **lime** wedges.

Enjoy!