



# UCCOOK

## Saucy Beef Shakshuka

**with crispy poppadoms & piquanté peppers**

Shakshuka may be the ultimate “breakfast-for-dinner” meal. Our version combines beef mince, a shakshuka spice medley, tomatoes, and harissa paste. Sprinkled with chopped piquanté peppers, garnished with fresh coriander, and served with crispy poppadoms on the side. Add fried eggs for extra protein, and you’ve got yourself a showstopper, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 4 People


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**Chef:** Rhea Hsu

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 Carb Conscious

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 Vergelegen | Premium Cabernet Sauvignon / Merlot

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## Ingredients & Prep

600g	Free-range Beef Mince
2	Onions <i>peeled &amp; finely diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
125ml	Pesto Princess Harissa Paste
30ml	Tomato Paste
60ml	Shakshuka Spice <i>(28ml NOMU Moroccan Rub, 28ml Ground Paprika &amp; 4ml Dried Chilli Flakes)</i>
800ml	Tomato Passata
8	Poppadoms
80g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
10g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Egg/s (optional)

**1. FRY THE MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook, 5-6 minutes (shifting occasionally).

**2. SHAKSHUKA SAUCE** Add the diced onion and fry until soft, 4-5 minutes. Add the grated garlic, the harissa paste, the tomato paste, and the shakshuka spice. Fry until fragrant, 3-4 minutes (shifting occasionally). Mix in the tomato passata and 600ml of water. Simmer until reduced and thickened, 15-20 minutes. Add a sweetener and seasoning.

**3. OPTIONAL EGG** Place a pan over medium-high heat with a drizzle of oil. Crack in 4 eggs (optional) and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season.

**4. POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

**5. IT'S READY** Dish up a generous helping of the beef mince shakshuka. Top with the fried eggs (if using). Sprinkle over the chopped peppers and garnish with the chopped coriander. Serve the crispy poppadoms on the side for dunking. Well done, Chef!



## Chef's Tip

Heat the poppadoms in the microwave until crispy, 20-30 seconds.

## Nutritional Information

Per 100g

Energy	493kJ
Energy	118kcal
Protein	6.5g
Carbs	9g
of which sugars	4.3g
Fibre	2g
Fat	6.3g
of which saturated	2g
Sodium	310mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days