



UCOOK

Chorizo Shakshuka

with a toasted roll & lentils

When your lips say 'brrrrr', you want a lip-smacking dish that raises your body temperature with warming spices. Exactly like this recipe, Chef! Spanish-inspired & spicy spices enrich tangy tomato passata, which is the base for nourishing lentils and salty chorizo. Paired with a toasted Portuguese roll.


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

 Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

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Ingredients & Prep

1	Spring Onion <i>rinse, trim & roughly slice</i>
10ml	Tomato Paste
20ml	Shakshuka Spice <i>(15ml NOMU Spanish Rub & 5ml Dried Chilli Flakes)</i>
100ml	Tomato Passata
50g	Sliced Pork Chorizo <i>roughly chop</i>
120g	Tinned Lentils <i>drain & rinse</i>
1	Portuguese Roll
3g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

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

1. SHAKSHUKA Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced spring onion, the tomato paste, and the shakshuka spice until fragrant, 2-3 minutes. Pour in the tomato passata and 150ml of water. Simmer until reduced and slightly thickening, 10-12 minutes. In the final 3-4 minutes, add the chopped chorizo and the rinsed lentils. Remove from the heat, add a sweetener (to taste), and season.

2. ON A ROLL Halve the roll and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the roll, cut-side down, until golden, 1-2 minutes.

3. TIME TO EAT Plate up the chorizo shakshuka, side with the toasted roll, and garnish with the picked parsley. Well done, Chef!



Chef's Tip

Air fryer method: Halve the roll, and spread butter or oil over the cut-side.
Air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	798kj
Energy	191kcal
Protein	11.5g
Carbs	27g
of which sugars	3.5g
Fibre	6g
Fat	4.2g
of which saturated	1.1g
Sodium	454.1mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Soy

Eat
Within
4 Days