



# U C O O K

— COOKING MADE EASY

## VEGAN FALAFEL SHAKSHUKA

**with charred red pepper & a toasty wholewheat pita**

Tomato based and delicately spiced, shakshuka takes various forms in parts of the Med, the Middle East, and North Africa. We've turned it into pure vegan bliss by switching eggs for crispy falafel!

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**Hands-On Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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 **Vegetarian**

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## Ingredients & Prep

|       |                                                                                                 |
|-------|-------------------------------------------------------------------------------------------------|
| 1     | Whole Wheat Pita Bread                                                                          |
| 5g    | Fresh Coriander<br><i>rinsed &amp; roughly chopped</i>                                          |
| 55g   | Outcast Classic Falafel Mix                                                                     |
| 1     | Onion<br><i>one half peeled &amp; diced</i>                                                     |
| 15ml  | Shakshuka Spice Mix<br><i>(5ml smoked paprika, 5ml cumin seeds &amp; 5ml NOMU Moroccan Rub)</i> |
| 1     | Chilli<br><i>deseeded &amp; thinly sliced</i>                                                   |
| 200ml | Passata                                                                                         |
| 100g  | Pickled Red Peppers<br><i>drained &amp; thinly sliced</i>                                       |
| 20g   | Baby Spinach<br><i>rinsed</i>                                                                   |

## From Your Kitchen

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

**1. FALAFEL MIX** Boil the kettle. Place the falafel mix, a pinch of salt, and 100ml of boiling water in a shallow bowl. Mix well to combine, but not for longer than about 30 seconds. Cover the bowl with a plate and set aside for at least 10 minutes.

**2. SHAKSHUKA SAUCE** Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent. Add the Shakshuka Spice Mix and sliced chilli to taste and fry for 1-2 minutes. Then, stir in the passata and 50ml of boiling water and bring to the boil. Once boiling, reduce to a low heat and simmer for about 8 minutes until beginning to thicken, stirring occasionally.

**3. CHARRED PEPPERS** While the shakshuka sauce is on the go, place another pan over a medium-high heat with a drizzle of oil. Fry the sliced pickled peppers for 2-3 minutes until charred. Remove from the pan on completion and set aside for serving.

**4. FALAFEL, BABY!** Roll the falafel mixture into 4-5 balls. Gently flatten each ball to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the falafel patties for 3-4 minutes per side until crispy, turning them when they start to colour. Remove from the pan on completion and set aside to drain on some paper towel.

**5. TOASTY PITA** Cut the pita in half and pop in the toaster until warm and crispy. Alternatively, toast in a clean pan over a high heat for 1-2 minutes per side.

**6. ALMOST THERE** When the shakshuka sauce has thickened, stir through the rinsed baby spinach and three quarters of the chopped coriander. Cook until the baby spinach has wilted, stirring continuously. Add seasoning and a sweetener of choice to taste. Remove from the heat on completion.

**7. SHAKSHUKA TIME** Spoon a generous helping of shakshuka into a bowl and pop in the falafel balls. Scatter over the charred peppers and remaining fresh coriander. Serve with the toasted pita bread on the side to scoop up all that deliciousness!



## Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces or smoothies for a vitamin K kick!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy (kj)        | 448kj   |
| Energy (kcal)      | 107kcal |
| Protein            | 4g      |
| Carbs              | 19g     |
| of which sugars    | 4g      |
| Fibre              | 5g      |
| Fat                | 1g      |
| of which saturated | 0g      |
| Salt               | 1g      |

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 3  
Days