



# UCOOK

## Halloumi Shakshuka

with lentils, toasted baguette rounds & fresh coriander

A shakshuka base made from rich tomato paste & passata, garlic, pickled peppers, fresh coriander, lentils & a Moroccan-inspired spice mix. Crispy, golden halloumi slabs adorn this flavourful foundation, and toasted sourdough baguette rounds are there for dunking.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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Veggie

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Strandveld | Pofadderbos Sauvignon Blanc

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice ½</i>
20g	Pickled Peppers <i>drain</i>
1	Garlic Clove <i>peel &amp; grate</i>
7,5ml	Tomato Paste
200ml	Tomato Passata
120g	Tinned Lentils <i>drain &amp; rinse</i>
3g	Fresh Coriander <i>rinse &amp; pick</i>
15ml	Shakshuka Spice <i>(7ml NOMU Moroccan Rub, 7ml Ground Paprika &amp; 1ml Dried Chilli Flakes)</i>
80g	Halloumi
1	Sourdough Baguette <i>cut ½ into thick rounds</i>

## From Your Kitchen

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

**1. GET GOING** Boil the kettle. Place a deep pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the chopped pickled peppers, the grated garlic, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly).

**2. ADD THE LENTILS** When the garlic is fragrant, pour in the tomato passata and 50ml of boiling water. Bring to a simmer. Reduce the heat and cook until the sauce has thickened, 5-6 minutes. Add the rinsed lentils, ½ the picked coriander, the shakshuka spice, a sweetener (to taste), and seasoning. Simmer until heated through, 1-2 minutes. Add a splash of water if the sauce is too thick.

**3. HALLOUMI** While the sauce is simmering, slice the halloumi into 1cm thick slices. Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the halloumi until crispy, 1-2 minutes per side. Drain on paper towel and cover.

**4. OPTIONAL EGG** Using a spoon, make a small well in the saucy lentils and crack an egg (optional) into the well. Cover and cook for 5-7 minutes, or until the egg is done to your preference. Remove the pan from the heat.

**5. BAGUETTE** Smear the baguette rounds with butter (optional) or drizzle with oil. Return the pan to medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**6. YUM!** Dish up a generous portion of shakshuka (with the poached egg if using!) and top with the halloumi slices. Garnish with the remaining picked coriander. Finish it off with a crack of black pepper. Side with the toasted baguette rounds for dunking. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	664kJ
Energy	159kcal
Protein	8.5g
Carbs	21g
of which sugars	4.5g
Fibre	4.8g
Fat	4.1g
of which saturated	2.6g
Sodium	241mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
3 Days