



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.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

Veggie

Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
20g	Pickled Peppers <i>drain</i>
1	Garlic Clove <i>peel & grate</i>
7,5ml	Tomato Paste
200ml	Tomato Passata
120g	Tinned Lentils <i>drain & rinse</i>
3g	Fresh Coriander <i>rinse & pick</i>
15ml	Shakshuka Spice <i>(7ml NOMU Moroccan Rub, 7ml Ground Paprika & 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

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

Eat
Within
3 Days