



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!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Carb Conscious

 Vergelegen | Premium Cabernet Sauvignon / Merlot

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

450g	Free-range Beef Mince
2	Onions <i>1½ peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
85ml	Pesto Princess Harissa Paste
22,5ml	Tomato Paste
45ml	Shakshuka Spice <i>(21ml NOMU Moroccan Rub, 21ml Ground Paprika & 3ml Dried Chilli Flakes)</i>
600ml	Tomato Passata
1	Poppadoms
60g	Piquanté Peppers <i>drained & roughly chopped</i>
8g	Fresh Coriander <i>rinsed, picked & 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, 4-5 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 450ml 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 3 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