



UCOOK

Harissa Lentil Shakshuka

with Danish-style feta & a toasted baguette

This lentil-forward, lip-smacking shakshuka dish is packed full of delicious veggies and topped with a crown of crumbled feta. Enjoyed with a toasty baguette round, this recipe is sure to become one of your favourites!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Rhea Hsu

 Veggie

 Leopard's Leap | Culinaria Grand Vin

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

Ingredients & Prep

2	Onions <i>peeled & finely diced</i>
2	Green Peppers <i>rinsed, deseeded & cut into small bite-sized pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
125ml	Pesto Princess Harissa Paste
30ml	Tomato Paste
20ml	Dried Chilli Flakes
400g	Cooked Chopped Tomato
300ml	Red Lentils <i>rinsed</i>
15g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
1kg	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
2	Sourdough Baguettes <i>sliced into rounds</i>
240g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. SAUCY BASE Boil the kettle. Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 2-3 minutes until soft, shifting occasionally. Add the green pepper pieces and fry for 1-2 minutes, shifting occasionally. Add the grated garlic, the harissa paste, the tomato paste, and the dried chilli flakes (to taste). Fry for 1 minute until fragrant, shifting constantly.

2. BOILING AWAY When the garlic is fragrant, pour in 1L of boiling water, the cooked chopped tomato, the rinsed red lentils, and ½ the chopped oregano into the pan. Bring up to a simmer. Reduce the heat and pop on the lid. Cook for 10-12 minutes until the lentils are soft, stirring occasionally. Add more water if the sauce reduces too quickly.

3. EGGPLANT, AUBERGINE OR BRINJAL? Place a pan over medium heat with a drizzle of oil. When hot, add the aubergine chunks and fry for 5-6 minutes until cooked through. You may have to do this step in batches. When the lentils have 1-2 minutes remaining, stir through the fried aubergine. Season with a sweetener of choice, salt, and pepper.

4. OPTIONAL STEP Return the pan to a medium-high heat with a drizzle of oil. Crack in 4 eggs and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season.

5. TOASTED BAGUETTE Smear the baguette rounds with butter or drizzle with oil. Return the pan to a medium heat. When hot, add the baguette rounds cut-side down and toast for 1-2 minutes on both sides until starting to brown.

6. TIME TO DINE! Dish up a generous helping of the lentil shakshuka. Crumble over the drained feta and top with the fried egg (if using!). Garnish with the remaining oregano. Serve the toasted baguette rounds on the side for dunking. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	505kj
Energy	121kcal
Protein	5.7g
Carbs	18g
of which sugars	3.6g
Fibre	3.1g
Fat	3.1g
of which saturated	1.4g
Sodium	226mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days