



UCCOOK

Halloumi Shakshuka

with lentils, toasted baguette rounds & fresh coriander

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Nitída | Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	389kj	2668kj
Energy	93kcal	638kcal
Protein	6.2g	42.3g
Carbs	22g	150g
of which sugars	3.9g	26.4g
Fibre	4.3g	29.1g
Fat	0.8g	5.2g
of which saturated	0.1g	1g
Sodium	165mg	1128mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions
2	2	Garlic Cloves
22,5ml	30ml	Tomato Paste
450ml	600ml	Tomato Passata
360g	480g	Tinned Lentils
8g	10g	Fresh Coriander
45ml	60ml	Shakshuka Spice (15ml[20ml] <i>NOMU Moroccan Rub</i> , 15ml[20ml] <i>Ground Paprika & 15ml[20ml] Dried Chilli Flakes</i>)
300g	400g	Halloumi Cheese
3	3	Sourdough Baguettes

From Your Kitchen

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

1. PREP Peel and roughly dice the onion. Peel and grate the garlic. Drain and rinse the lentils. Rinse and pick the coriander, and cut 1½ [the [whole](#)] baguette into thick rounds.

2. 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 onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly).

3. ADD THE LENTILS When the garlic is fragrant, pour in the tomato passata and 150ml [200ml] of boiling water. Bring to a simmer. Reduce the heat and cook until the sauce has thickened, 7-8 [8-10] minutes. Add the lentils, ½ the 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.

4. 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. Remove from the pan, drain on paper towel, and cover.

5. OPTIONAL EGG Using a spoon, make 3 [4] small wells in the saucy lentils and crack 3 [4] eggs (optional) into each well. Cover and cook for 5-7 minutes, or until the eggs are done to your preference. Remove the pan from the heat.

6. 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.

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