




### Product Spotlight: Cashews


Cashews contain more iron than any other nut. Their healthy, heart-friendly monounsaturated fats can help increase the good cholesterol in the blood.



## 14 Chickpea Shakshuka with Sweet Potato Toasts

A plant-based spin on the classic North African shakshuka. Veggies simmered in a spiced tomato-based sauce served on sweet potato 'toasts' with a dollop of cashew sour cream.

 30 minutes

 4 servings

 Plant-Based

15 July 2022

### Spice it up!

*You can spice this shakshuka up by adding chilli flakes (or fresh chilli), some garlic, coriander or caraway seeds!*

Per serve: **PROTEIN** 17g **TOTAL FAT** 13g **CARBOHYDRATES** 65g

## FROM YOUR BOX

SWEET POTATOES	800g
LEMON	1
RAW CASHEWS	1 packet (100g)
BROWN ONION	1
MEDIUM EGGPLANT	1
YELLOW CAPSICUM	1
TINNED CHICKPEAS	400g
TOMATO PASSATA	1 jar (680ml)
BABY SPINACH	1 bag (120g)
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, ground cumin, ground turmeric

## KEY UTENSILS

large frypan, oven tray, stick mixer, kettle

## NOTES

If it's easier, slice the sweet potatoes into rounds instead of long slices. You can also dice and add the sweet potato to the shakshuka, increasing the seasoning and cooking time if needed.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes into 1-2cm slices (lengthwise, see notes). Rub with **oil, salt and pepper**. Arrange on a lined oven tray and roast for 15-20 minutes in the top part of the oven until tender and golden.



### 2. SOAK THE CASHEWS

Boil the kettle.

Zest lemon to yield 2 tsp zest. Place in a bowl with juice from 1/2 lemon, cashews and **1/2 cup hot water** (from the kettle). Leave to soak for 10-15 minutes.



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Slice onion, dice eggplant and capsicum, adding to pan as you go. Cook for 5 minutes and season with **1 tbsp paprika, 1 1/2 tbsp cumin** and **1/2 tbsp turmeric**.



### 4. SIMMER THE SHAKSHUKA

Drain and add chickpeas and tomato passata, stir in spinach. Simmer for 8-10 minutes or until veggies have softened. Season to taste with **salt and pepper**.



### 5. MAKE THE SOUR CREAM

Transfer cashew mix into a jug. Use a stick mixer to blend to a smooth consistency. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Chop parsley and cut remaining lemon into wedges.

Serve sweet potato toasts onto plates. Spoon over shakshuka, sprinkle with parsley and top with a dollop of cashew sour cream.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

