

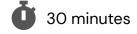




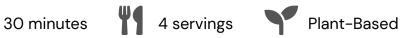
Red Lentil Shakshuka

with Macadamia Cheese

A Moroccan-inspired one pan with red lentils simmered in a spiced tomato sauce with sweet potato, onion and capsicum and dotted with creamy macadamia cheese, dukkah and parsley.







Stretch the dish!

You can serve this dish with rice or toasted bread for dipping! Any leftovers can be frozen and enjoyed on another busy weeknight!

PROTEIN TOTAL FAT CARBOHYDRATES

72g

FROM YOUR BOX

BROWN ONION	1
MOROCCAN SPICE MIX	1 sachet
GREEN CAPSICUMS	2
TOMATOES	2
SWEET POTATOES	600g
RED LENTILS	200g
TOMATO PASTE SACHETS	2
MACADAMIA AND SHROOMS CHEESE	1 jar
PARSLEY	1 packet
DUKKAH	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube (of choice)

KEY UTENSILS

large frypan with lid

NOTES

You can use liquid stock or stock paste with water instead of a stock cube and water if you prefer.



1. SAUTÉ THE AROMATICS

Heat a frypan over medium heat with oil. Dice and add onion along with Moroccan spice mix. Cook until softened, add more oil if needed.



2. ADD THE VEGETABLES

Dice capsicum, tomatoes and sweet potatoes (1-2cm). Add to pan as you go.



3. SIMMER THE LENTILS

Stir in lentils, tomato paste, 1 crumbled stock cube and 700ml water (see notes). Cover and simmer for 15 minutes (stir occasionally to prevent sticking). Uncover and simmer for further a 5 minutes to reduce. Season with salt and pepper.



4. FINISH AND SERVE

Spoon over macadamia cheese. Rinse and chop parsley. Use to garnish along with dukkah and serve.



