



### Product Spotlight: Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



## 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.



30 minutes



4 servings



Plant-Based

24 February 2023

## 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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	31g	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.

**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**

