



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.



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.

Spice it up!

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



30 minutes



2 servings



Plant-Based

Per serve: **PROTEIN** 22g **TOTAL FAT** 23g **CARBOHYDRATES** 82g

FROM YOUR BOX

SWEET POTATO	400g
LEMON	1
RAW CASHEWS	60g
BROWN ONION	1
MEDIUM EGGPLANT	1
CHERRY TOMATOES	200g
TINNED CHICKPEAS	400g
BABY SPINACH	60g
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 and boil the kettle.

Cut sweet potato 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

Zest lemon to yield 1 tsp. Place in a bowl with juice from 1/4 lemon (wedge remaining), cashews and **1/4 cup hot water** (from the kettle). Leave to soak for 10-15 minutes.



3. SAUTÉ THE VEGETABLES

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



4. SIMMER THE SHAKSHUKA

Add chickpeas (including liquid) and stir in spinach (roughly chop first if desired). 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 (including tender stems). Serve sweet potato toasts onto plates. Spoon over shakshuka, sprinkle with parsley and top with a dollop of cashew sour cream.



Scan the QR code to
submit a Google review!

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**

