



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: GARLIC

Garlic boosts both the flavour and nutritional value of a dish! It's packed with antioxidants, so it's no wonder this tasty bulb is known to improve your immune system, reduce blood pressure, improve cholesterol levels, and prevent chronic disease!



## 4. SHAKSHUKA WITH AVOCADO & CIABATTA

 30 Minutes

 4 Servings

Shakshuka is a hearty tomato and egg dish popular across North Africa and the Middle East. This family-friendly version is made with ham and white beans, served with ciabatta and avocado spread.

## FROM YOUR BOX

LEEK	1
GARLIC CLOVES	2
DICED HAM	1 packet (200g)
GREEN CAPSICUM	1
WHITE BEANS	400g
CHOPPED TOMATOES	400g
AVOCADO	1
FREE-RANGE EGGS	6-pack
CIABATTA BREAD LOAF	1
SNOW PEA SPROUTS	1/2 punnet *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, dried thyme, vinegar of choice

## KEY UTENSILS

large frypan with a lid (see notes)

## NOTES

Boost the flavour of the mashed avocado with 1 tsp cumin, smoked paprika, curry, or a small pinch of chilli.

If you don't have a lid for your frypan, you can use aluminium foil or a large plate. Alternatively, if your frypan is oven-safe, finish the dish in the oven.

**No pork option - diced ham is replaced with chicken mince.** Add at the end of step 1, cook for 4-5 minutes or until browned, breaking up with a spatula as you go.

**No gluten option - ciabatta bread loaf is replaced with GF bread.**



### 1. SAUTÉ THE LEEK

Heat a large frypan with **oil** over medium heat. Slice and add leek with **1** crushed garlic clove and **2 tsp thyme**. Cook for 4-5 minutes or until softened, add ham.



### 2. ADD THE VEGETABLES

Dice capsicum and add to pan with beans, tomatoes and **1 tin water**. Simmer, semi-covered, for 10 minutes. Season with **salt and pepper**.



### 3. MASH THE AVOCADO

Crush remaining garlic and mash with the avocado, **1 tbsp olive oil, salt and pepper** (see notes) using a fork.



### 4. COOK THE EGGS

Make 6 indents in the tomato mixture and crack an egg into each. Cover (see notes) and cook for 5-6 minutes or until eggs are cooked to your liking.



### 5. TOAST THE BREAD

Slice the bread and toast (optional).

Halve sprouts and toss with **2 tsp olive oil and 1 tsp vinegar**.



### 6. FINISH AND PLATE

Serve shakshuka topped with sprouts, alongside mashed avocado toast.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

