



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

 2-3 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 zucchini, served with ciabatta and avocado spread.

FROM YOUR BOX

RED ONION	1/2 *
GARLIC CLOVES	2
DICED HAM	1 packet (200g)
ZUCCHINI	1/2 *
CHOPPED TOMATOES	400g
AVOCADO	1
FREE-RANGE EGGS	4-6
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 ONION

Heat a large frypan with **oil** over medium heat. Slice and add onion with **1** crushed garlic clove and **1 tsp thyme**. Cook for 3 minutes or until softened, add ham.



2. ADD THE VEGETABLES

Dice zucchini and add to pan with tomatoes and **1/2 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 4-6 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.

