




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

 2 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** 24g **TOTAL FAT** 44g **CARBOHYDRATES** 76g

FROM YOUR BOX

BROWN ONION	1
MOROCCAN SPICE MIX	1 sachet
GREEN CAPSICUM	1
TOMATO	1
SWEET POTATOES	300g
RED LENTILS	100g
TOMATO PASTE SACHET	1
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

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, tomato and sweet potatoes (1–2cm). Add to pan as you go.



3. SIMMER THE LENTILS

Stir in lentils, tomato paste, **1/2 crumbled stock cube** and **400ml water** (see notes). Cover and simmer for 15 minutes (stir occasionally to prevent sticking). Uncover and simmer for a further 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

