DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Shakshuka

with Flatbread

Beef mince simmered with vibrant tomatoes, topped with perfectly poached eggs and served with warm Lebanese flatbread.

25 minutes | 4/6 servings | Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	1 bunch
BEEF MINCE	500g	500g + 250g
TOMATOES	2	3
RED CAPSICUM	1	2
TOMATO PASTE	1 sachet	2 sachets
FREE-RANGE EGGS	6-pack	6-pack
LEBANESE FLATBREAD	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

Use a frypan with lid.

You can toast the flatbread in the oven, dry frypan or using a sandwich press.

No gluten option - Lebanese flatbread is replaced with GF Turkish rolls. Toast in oven or sandwich press until golden and crunchy. Slice to serve.

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1. COOK THE BEEF

Heat a frypan (see notes) over medium-high heat with **oil**. Slice **spring onions** (reserve tops for garnish) and add to pan along with **beef mince**. Cook for 5 minutes, breaking up **mince** until sealed. Stir in seasoning of choice (see tip).

TIP ***We used 1 tbsp pre made Ras el hanout spice mix. You can use a mix of ground cumin, paprika, turmeric, saffron, dried herbs or a pre made spice paste such as harissa.***

2. ADD THE VEGETABLES

Dice **tomatoes** and **capsicum**. Add to **beef** and cook for 2-3 minutes until softened. Stir in **tomato paste** and **3/4 cup water**. Season with **salt and pepper**.

6P - add 1 cup water.

TIP ***You can add zucchini, mushrooms or tinned beans and chickpeas. Add a tin of chopped tomatoes or jar of tomato sugo if you need more sauce to cover the vegetables.***

3. ADD THE EGGS & SIMMER

Reduce heat to medium. Make 6 indents into **beef sauce** and crack in **eggs**. Cover and simmer for 5-8 minutes or until cooked to your liking.

TIP ***Instead of poaching the eggs directly in the shakshuka, you can scramble or fry them in separate pan and serve on the side.***

4. FINISH AND SERVE

Toast **flatbread** if preferred (see notes). Garnish eggs with reserved spring onion tops. Serve at the table.

TIP ***You can garnish the shakshuka with dukkah, toasted sesame seeds or fresh chopped parsley if you have some.***

This recipe has simplified instructions to help lower your meal cost.