

RECIPE BAG
5588

2 people: 25 min
4 people: 30 min

LEAN IN 15

Fajita Spiced Shakshuka With Popped Beans (V)

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our Kitchen bangers



Ingredients for 2 [Double for 4 people]:

- 1 red onion
- 2 British free-range eggs A3
- 40g cheddar cheese A7
- 1 tsp smoked paprika
- 2 tsp ground cumin
- 1 tsp ground coriander
- 400g canned black beans
- 1 yellow pepper
- 2 garlic cloves
- 125g cherry tomatoes
- 1 tsp dried oregano
- 1/2 tsp cayenne pepper
- 1 avocado
- 11g vegetable stock mix

Allergens: A3: egg, A7: milk

You need: vegetable oil, salt

Special equipment: tin foil

Remember to wash your fresh fruit, herbs and vegetables! See your delivery email for use-by dates and other details.

Nutritional info
(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
509kcal	32g	11g	29g
Sugar	Fibre	Protein	Salt
9g	7g	24g	2g



4 of your 5-a-day



Gluten-free
Suitable for celiacs



1



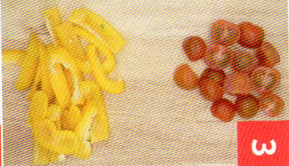
Instructions for 2 [for 4]
Peel and slice the **red onion** [s] thickly
Peel and finely slice (don't chop!) the **garlic**

2



Preheat the oven to 200°C / 180°C (fan) / gas 6
Heat a large, wide-based pan (preferably non-stick with a matching lid) with a drizzle of **vegetable oil** over a medium-high heat
Once hot add the **sliced red onion** with a pinch of **salt** and cook for 2-3 min or until beginning to soften

3



While the onion is softening, chop the **cherry tomatoes** in half
Deseed the **yellow pepper** [s] (scrape the seeds and pith out with a teaspoon) and cut into thin strips
Boil half a kettle

4



Once the onion has begun to soften, add the **sliced garlic**, with the **smoked paprika**, **ground cumin**, **ground coriander**, **dried oregano** and **cayenne pepper** (can't handle the heat? Go easy!) – this is your **fajita spice blend**

Give everything a good mix up and cook for 1 min or until the garlic has slightly softened

Add the **halved cherry tomatoes** and **sliced pepper** with a small splash of **boiled water** and cook for 3-4 min or until the tomato begins to blister

5



Meanwhile, drain and rinse the **black beans**
Add **half the drained black beans** with a small pinch of **salt** to a **tin foil-lined** baking tray and put the tray in the oven for 6-7 min or until the beans pop – these are your **popped beans**

6



Grate the **cheddar cheese**
Make 2 [4] wells in the pan with the beans and crack the **eggs** into the wells, then cook covered for 2-3 min or until the eggs are done to your liking – this is your **fajita spiced shakshuka**

7



While the eggs are cooking, cut the **avocado** [s] in half lengthways, around the stone [s]
Remove the stone [s] using a teaspoon
Scoop the **avocado** out of the skin [s] using a spoon and slice it finely, lengthways

8



Serve the **fajita spiced shakshuka** with the **sliced avocado** to the side
Top with the **grated cheese** and sprinkle over the **popped beans**
Sorted!