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WK15  
2016



## Herbed Shakshouka with Eggs, Fetta & Warm Dinner Rolls

Some say sleep is like a time machine to breakfast, but you don't need to wait until tomorrow morning because breakfast starts tonight! This protein packed Shakshouka is enjoyed for every meal the world over; from Tunisia to Israel to Turkey and beyond.



**Prep:** 15 mins

**Cook:** 30 mins

**Total:** 45 mins



level 1



veggie



helping hands

### Pantry Items



Olive Oil



Brown Sugar



Water



Red Onion



Garlic



Red Capsicum



Oregano



Diced Tomatoes



Chickpeas



Baby Spinach



Free-Range Eggs



Fetta Cheese



Bake-At-Home Rolls

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QTY	Ingredients
2 tbs	olive oil *
½	red onion, finely chopped
2 cloves	garlic, peeled & crushed
1	red capsicum, cut into 2 cm cubes
1 bunch	oregano, finely chopped
2 tins	diced tomatoes
2 tsp	brown sugar *
½ cup	hot water *
1 tin	chickpeas, drained & rinsed
1 bag	baby spinach, washed
1 carton	free-range eggs
1 block	fetta cheese, crumbled
6	bake-at-home rolls

⊕ Ingredients features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2510	Kj
Protein	33.3	g
Fat, total	26.6	g
-saturated	8.1	g
Carbohydrate	48.8	g
-sugars	11.7	g
Sodium	762	mg



**You will need:** chef's knife, chopping board, garlic crusher, spoon, sieve, large ovenproof frying pan or large baking dish.

**1** Preheat the oven to 220°C/200°C fan-forced.

**2** Heat the **olive oil** in a large ovenproof frying pan over a medium-high heat. Add the **red onion** and cook for **3-4 minutes** until soft. Add the **garlic, red capsicum** and half the **oregano**. Cook on high for **5 minutes**, stirring regularly. Add the **diced tomatoes, brown sugar, hot water** and **chickpeas**. Bring to the boil, then lower the heat and simmer for **8 minutes**. Stir through the **baby spinach** in the last **5 minutes** and then season to taste with **salt** and **pepper**. Remove the pan from the heat.

**Tip:** If you don't have an ovenproof frying pan, transfer the mixture to a large baking dish.

**3** Make a little well in the sauce with a spoon and crack one of the **eggs** into the well. Repeat until you have added all of the eggs. Sprinkle the **fetta cheese** over the top and place into the oven for **15 minutes**, or until the egg whites have set. This is a great time to place your **bake-at-home rolls** into the oven as well. Bake them for about **5 minutes** or until warmed through.

**Tip:** You can crack each egg into a mug or small bowl individually and then gently pour into the sauce, this ensures any shells or bad eggs are kept separate from the sauce.

**4** Remove the shakshouka from the oven and allow it to cool slightly. Sprinkle with the remaining oregano and serve with the warm bread rolls.

**Did you know?** Shakshouka is thought to have a Tunisian origin, and its name translates to "a mixture".

