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## Chorizo Shakshuka with Warm Crusty Bread

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 delightful Shakshuka punctuated with fragrant chorizo is enjoyed for every meal the world over; from Tunisia to Israel to Turkey and beyond.



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 1



high  
protein



contains  
pork

### Pantry Items



Olive Oil



Brown Sugar



Hot Water



Brown Onion



Chorizo



Garlic



Red Capsicum



Parsley



Diced Tomatoes



Baby Spinach



Eggs



Fetta Cheese



Bake-At-Home  
Sourdough Rolls

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2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
½	1	brown onion, finely sliced
1	2	chorizo, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1	2	red capsicum, cut into 2 cm pieces
1 tin	2 tins	diced tomatoes
¼ cup	½ cup	hot water *
1 tsp	2 tsp	brown sugar *
⅓ bunch	⅔ bunch	parsley, finely chopped
½ bag	1 bag	baby spinach, washed
4	8	eggs
1 block	2 blocks	fetta cheese, crumbled
2	4	bake-at-home sourdough rolls

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3000	Kj
Protein	45.5	g
Fat, total	40.7	g
-saturated	14.9	g
Carbohydrate	36.7	g
-sugars	14.7	g
Sodium	1670	mg



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

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** In a medium ovenproof pan add the **olive oil** and heat over a medium-high heat. Add the **brown onion** and cook for **5 minutes** or until soft. Add the **chorizo**, **garlic** and **red capsicum** and cook for **5 minutes**, stirring regularly. Add the **diced tomatoes**, **hot water**, **brown sugar** and half the **parsley**, bring to the boil, then lower the heat and simmer for **5 minutes**. Stir through the **baby spinach** and cook for a further **2 minutes**. Season to taste with **salt** and **pepper**. Remove pan from the heat.

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

**3** With a spoon make a little well in the sauce and crack one of the **eggs** into the well, repeat until you have added all of the eggs.

**Tip:** 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** 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 sourdough rolls** into the oven as well. Bake them for about **5 minutes** or until warmed through.

**5** Sprinkle with the remaining parsley and serve with the warm bread rolls.

**Did you know?** Shakshuka is thought to have a Tunisian origin, and its name translates to “a mixture”

