



Chickpea Shakshuka

with Sesame Flatbreads and Feta

Veggie

Optional Spice

30 Minutes



Chickpeas



Egg



Crushed Tomatoes



Garlic, cloves



Yellow Onion



Sweet Bell Pepper



Baby Spinach



Moroccan Spice Blend



Flatbread



Sesame Seeds



Feta Cheese, crumbled



Chili Flakes



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HELLO SHAKSHUKA

A tomato-based dish with poached eggs popular in North Africa and the Middle East!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Heat Guide for Step 2:

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Baking sheet, measuring spoons, silicone brush, strainer, large non-stick pan

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Egg	2	4
Crushed Tomatoes	370 ml	796 ml
Garlic, cloves	2	4
Yellow Onion	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Baby Spinach	56 g	113 g
Moroccan Spice Blend	2 tbsp	4 tbsp
Flatbread	2	4
Sesame Seeds	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Chili Flakes 🌶️	¼ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

- Peel, then mince or grate **garlic**.
- Peel, then cut **onion** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Using a strainer, drain **chickpeas**, reserving **chickpea liquid**.



Cook eggs

- Using the back of a large spoon, make 2 indents (4 indents for 4 ppl) in **shakshuka**. (**TIP:** If you want to add extra eggs, make more indents.)
- Crack an **egg** into **each indent**. Season **eggs** with **salt** and **pepper**.
- Cover and cook until **eggs** reach desired doneness, 5-8 min.**



Start shakshuka

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **onions**. Cook, stirring occasionally, until slightly softened, 2-3 min.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **chickpeas**, then sprinkle **Moroccan Spice Blend** and **¼ tsp chili flakes** over top. (**NOTE:** Reference heat guide.) Cook, stirring often, until **chickpeas** are coated, 30 sec.
- Season with **salt** and **pepper**.



Make sesame flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Brush **1 tbsp oil** (dbl for 4 ppl) over **flatbreads**. Season with **salt** and **pepper**.
- Sprinkle **sesame seeds** over top, pressing down to adhere.
- Broil in the **middle** of the oven until **sesame seeds** are golden-brown, 2-4 min. (**TIP:** Keep an eye on flatbreads so they don't burn!)



Finish shakshuka

- Add **crushed tomatoes** and **reserved chickpea liquid** to the pan with **chickpea mixture**. Season with **pepper** and **½ tsp salt** (dbl for 4 ppl). Bring to a gentle simmer.
- Once simmering, reduce heat to medium-low. Cook, stirring occasionally, until **veggies** are tender, 4-5 min. (**TIP:** Add 2-3 tbsp water if mixture gets too dry.)
- Add **spinach**. Cook, stirring often, until slightly wilted, 1-2 min.



Finish and serve

- Divide **shakshuka** between bowls.
- Sprinkle **feta** over top.
- Halve **flatbreads** and serve alongside.

Dinner Solved!