



Chickpea Shakshuka

with Sesame Flatbreads and Feta

Veggie

Optional Spice

30 Minutes

+ Add



Beyond Meat®
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chickpeas
1 | 2



Egg
2 | 4



Crushed
Tomatoes with
Garlic and Onion
1 | 2



Yellow Onion
1 | 2



Sweet Bell
Pepper
1 | 2



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
1/4 cup | 1/2 cup



Chili Flakes
1/4 tsp | 1/4 tsp



Yogurt Sauce
3 tbsp | 6 tbsp

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.

Pantry items | Oil, salt, pepper

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

1



Prep

- 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

+ Add | **Beyond Meat®**

- Peel, then cut **onion** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Using a strainer, drain **chickpeas**, reserving **canning liquid**.

4



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 with **salt** and **pepper**.
- Cover and cook until **eggs** reach desired doneness, 5-8 min.**

2



Start shakshuka

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers** and **onions**.
- Cook, stirring occasionally, until slightly softened, 2-3 min.
- Add **chickpeas**, then sprinkle **Moroccan Spice Blend** and ¼ **tsp** (½ tsp) **chili flakes** over top. (**NOTE:** Reference heat guide.)
- Cook, stirring often, until **chickpeas** are coated, 30 sec.
- Season with **salt** and **pepper**.

5



Make sesame flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Brush **1 tbsp** (2 tbsp) **oil** 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!)

3



Finish shakshuka

- Add **crushed tomatoes** and **reserved canning liquid** to the pan with **chickpea mixture**.
- Season with **pepper** and ½ **tsp** (1 tsp) **salt**. 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.

6



Finish and serve

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

+ Add | **Beyond Meat®**

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

1 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm. Reuse the same pan to cook **onions** and **peppers** in next step.

6 | Finish and serve

+ Add | **Beyond Meat®**

Top final bowls with **Beyond Meat®**.

** Cook egg and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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