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## 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 protein packed Shakshuka is enjoyed for every meal the world over; from Tunisia to Israel to Turkey and beyond.



**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



high protein



one pan wonder

### Pantry Items



Olive Oil



Brown Sugar



Hot Water



Red Onion



Garlic



Smoked Paprika



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	red onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
2 tsp	4 tsp	smoked paprika
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 *
½ bunch	1 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	2190	Kj
Protein	33	g
Fat, total	24.7	g
-saturated	8.4	g
Carbohydrate	36.9	g
-sugars	14.6	g
Sodium	765	mg



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

**1** Preheat 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 **red onion** and cook for **3-4 minutes** until soft. Add the **garlic, smoked paprika** and **red capsicum**, then cook for **5 minutes**, stirring regularly. Add the **diced tomatoes, hot water, brown sugar** and half the **parsley** and bring to the boil. Reduce 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 the 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 **bread 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".

