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## Green Shakshuka with Hummus & Crusty Bread

Shakshuka literally means ‘a mixture’ in Arabic dialect, so don’t worry that you can’t see any tomatoes in this green dish. There’s still loads of flavour and that all important hit of cumin. Of course, our absolute favourite part is the generous dollop of hummus that finishes off the whole meal. Brinner never tasted so good!



**Prep:** 15 mins

**Cook:** 20 mins

**Total:** 35 mins



level 1



nut free

### Pantry Items



Olive Oil



Eggs



Wholemeal  
Lebanese Breads



Brown Onion



Garlic



Long Green Chilli



Cumin



Zucchini



Green Capsicum



Kale



Fetta Cheese



Hummus

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	brown onion, peeled & diced
1 clove	2 cloves	garlic, peeled & finely diced
1	2	long green chilli, seeds removed & finely chopped
½ sachet	1 sachet	cumin
1	2	zucchini, sliced into half moons
1	2	green capsicum, sliced into 1 cm chunks
1 bunch	2 bunches	kale, destemmed & roughly chopped
2	4	eggs *
1 block	2 blocks	fetta cheese, crumbled
2	4	wholemeal Lebanese breads
2 tubs	4 tubs	hummus

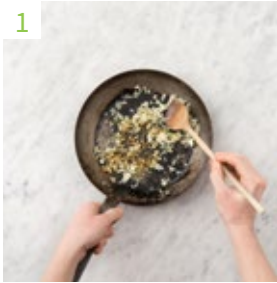
⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

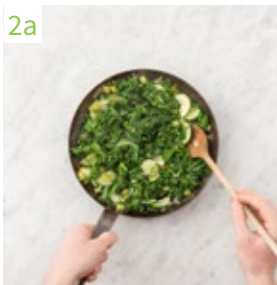
#### Nutrition per serve

Energy	2420	Kj
Protein	24.4	g
Fat, total	32.4	g
-saturated	8.8	g
Carbohydrate	43.6	g
-sugars	12.1	g
Sodium	677	mg

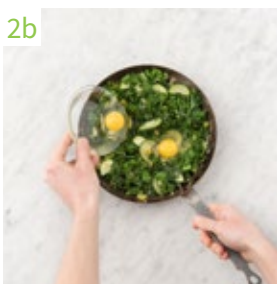


**You will need:** *chef's knife, chopping board, medium ovenproof frying pan and wooden spoon.*

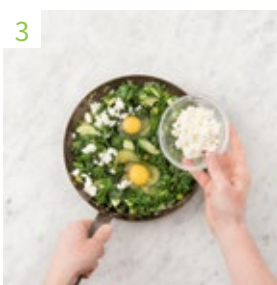
**1** Heat the **olive oil** in a medium ovenproof frying pan over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until softened. Add the **garlic** and the **long green chilli** and cook for **1-2 minutes**, or until fragrant. Add half a teaspoon of the **cumin** and cook for **1 minute**, or until fragrant.



**2** Add the **zucchini**, the **green capsicum** and the **kale** and cook for **6 minutes**, or until softened. Season with **salt** and **pepper**. Make two holes (for 2p) or four holes (for 4p) in the vegetables and carefully crack in the **eggs**.



**3** Sprinkle over the **fetta cheese**, season with salt and pepper and transfer the pan to the oven. Bake for **7-10 minutes**, or until the egg whites are set but the yolks are still runny in the middle. Turn the pan half way through cooking to ensure the eggs cook evenly. Check and remove earlier if necessary. Cook to your liking.



**4** To serve, divide the shakshuka into bowls and serve with the **wholemeal Lebanese bread** and a dollop of the **hummus**.

**Did you know?** During the Middle Ages, it was believed that cumin kept chickens and lovers from running away.