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Shakshuka with Creamy Fetta & 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



nut free



spicy

Pantry Items



Olive Oil



Hot Water



Brown Sugar



Red Onion



Garlic



Long Red Chilli



Smoked Paprika



Red Capsicum



Diced Tomatoes



Parsley



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
1	2	long red chilli, finely chopped
1 sachet	2 sachets	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 *
1 bunch	2 bunches	parsley, finely chopped
1 bag	2 bags	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, medium ovenproof frying pan and wooden spoon*

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

2 In a medium ovenproof frying 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, long red chilli, 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 **bake-at-home sourdough rolls** into the oven as well. Bake them for about **5 minutes** or until warmed through.

5 To serve, spoon the Shakshuka into bowls and sprinkle with the remaining parsley. Serve with the warm bread rolls.

Did you know? Paprika is used in henna tattooing to bring a reddish tint.

