



Chorizo Shakshuka

with Eggs, Feta and Greek Flatbreads

BRUNCH 20 Minutes • 1 of your 5 a day

Nº 20



Red Pepper



Red Onion



Garlic Clove



Coriander



Feta Cheese



Chorizo



Ground Cumin



Harissa Paste



Finely Chopped Tomatoes with Basil



Eggs



Greek Flatbread

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press) and Large Frying Pan.

Ingredients

	2P	3P	4P
Red Pepper**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Chorizo 7)**	60g	90g	120g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Harissa Paste	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Eggs 8)**	4	6	8
Greek Flatbread 7) 13)	2	4	6

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	707g	100g
Energy (kJ/kcal)	3847 / 920	544 / 130
Fat (g)	50	7
Sat. Fat (g)	19	3
Carbohydrate (g)	61	9
Sugars (g)	24	3
Protein (g)	52	7
Salt (g)	6.37	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until soft and golden, 12-15 mins. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Crumble the **feta** into a small bowl.



4. Cook the Eggs

Use your spoon to make a small well for each **egg** in your **sauce**. Crack an **egg** into each well. **TIP: Make sure your eggs don't touch the bottom of the pan.** Cover the pan with a lid or foil, simmer until the **white of the eggs** is set, 3-4 mins. If you like your **eggs** a little more set cook for an additional 2 mins.



2. Start the Shakshuka

Heat a large frying pan over medium high heat (no oil). When hot, add the **chorizo** and cook, stirring frequently until golden all over, 2-3 mins. Add the **onion** and cook until soft, 4-5 mins. Add the **garlic** and **ground cumin** and cook for a further 1 minute. **TIP: If your pan isn't going to be big enough to fit all of the eggs use 2 frying pans at this stage.**



5. Grill the Flatbreads

Heat your **flatbreads** in your toaster (alternatively you can pop them in the oven for 3-4 mins). When golden and starting to crisp, remove them and cut each into 3 pieces. Set aside.



3. Finish The Sauce

Add the **harissa paste**, **chopped tomatoes** and **roasted peppers** into the pan. Stir well to combine and cook until the **sauce** has thickened, 2-3 mins. **TIP: Add a splash more water if the sauce looks dry.** Once cooked, taste and add **salt** and **pepper** if you feel it needs it.



6. Time To Serve

Once the **eggs** are cooked, serve the **shakshuka** between your bowls. Sprinkle over the **feta** and **coriander**. Serve the **flatbreads** along side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.