



## Spicy Shakshuka

with Chickpeas, Feta Cheese, and Chili Flakes

Shakshuka is the ultimate eggs-for-dinner meal. In this Israeli staple, eggs are poached directly in the protein-packed sauce but not cooked all the way through. After all, you need some runny yolk to dip that toast into!



**Prep:** 10 min  
**Total:** 30 min



level 2



nut free



veggie



Eggs



Demi Baguette



Chickpeas



Crushed Tomatoes



Yellow Onion



Shakshuka Spice Blend



Chili Flakes



Parsley



Garlic



Feta Cheese

## Ingredients

	2 People	4 People
Eggs	1)	4
Demi Baguette	2)	2
Chickpeas	1 Box	1 Box
Crushed Tomatoes	1 Box	1 Box
Yellow Onion	1	2
Shakshuka Spice Blend	1 T	2 T
Chili Flakes 	1 t	1 t
Parsley	¼ oz	½ oz
Garlic	2 Cloves	4 Cloves
Feta Cheese	3)	½ Cup
Olive Oil*	2 t	4 t

\*Not Included

## Allergens

- 1) Eggs
- 2) Wheat
- 3) Milk

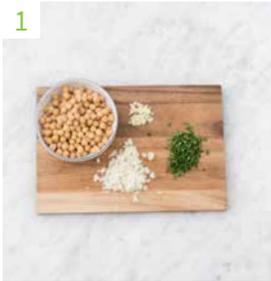
## Tools

Strainer, Medium oven safe pan, Baking sheet

**Nutrition 2 person** Calories: 598 cal | Fat: 19 g | Sat. Fat: 4 g | Protein: 30 g | Carbs: 75 g | Sugar: 12 g | Sodium: 961 mg | Fiber: 18 g

**Nutrition 4 person** Calories: 443 cal | Fat: 17 g | Sat. Fat: 4 g | Protein: 22 g | Carbs: 52 g | Sugar: 8 g | Sodium: 694 mg | Fiber: 11 g

1



**1 Prep: Wash and dry all produce.** Preheat the oven to 425 degrees. Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Finely chop the **parsley**. Drain the **chickpeas**.

2



**2 Start the shakshuka:** Heat a drizzle of **olive oil** in a medium oven safe pan over medium heat. Add the **onions** and **garlic**. Cook, tossing, for 4-5 minutes, until very soft. Add the **shakshuka spice blend**. Cook 30 seconds, until fragrant. Add the **chickpeas** and **tomatoes**, and stir to combine. Season generously with **salt** and **pepper**.

3



**3 Simmer:** Stir **1 cup water** into the pan. Let simmer until thickened, 5-6 minutes. Stir in **half the parsley** and a pinch of **chili flakes** (to taste). Season with **salt** and **pepper**.

4



**4 Poach the eggs:** Make two small wells in the **sauce**, and carefully crack the **eggs** into them. Sprinkle each with **salt**, **pepper**, and the **feta cheese**. Transfer to the oven for 5-7 minutes, until **egg whites** are set but **yolks** are still runny. If you don't have an oven safe pan, cover and cook on stove 5-7 minutes. **TIP:** We like ours runny, but cook as long as you prefer.

**5 Make the toasts:** Meanwhile, slice the **baguette** and place slices onto a baking sheet. Drizzle with **olive oil**, then season with **salt** and **pepper**. Place in the oven to toast about 5 minutes.

**6 Serve:** Sprinkle the **spicy shakshuka** with the remaining **parsley** and as many remaining **chili flakes** as you like. Serve with the **toasts** and enjoy!

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