

HELLO Chickpea Shakshuka

with Sesame Flatbreads and Feta

Veggie

Optional Spice 30 Minutes









If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥

Beyond Meat[®] 2 | 4





1 | 2



Crushed



Tomatoes with Garlic and Onion 1 | 2

Yellow Onion 1 | 2





Sweet Bell Pepper

Baby Spinach 56 g | 113 g







Blend 2 tbsp | 4 tbsp

Flatbread





Sesame Seeds 1 tbsp | 2 tbsp



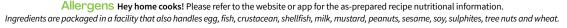
1/4 cup | 1/2 cup



1/4 tsp | 1/4 tsp



3 tbsp | 6 tbsp



Cooking utensils | Baking sheet, measuring spoons, silicone brush, strainer, large non-stick pan



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Heat Guide for Step 2:
- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

🕀 Add | Beyond Meat®

- Peel, then cut **onion** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Using a strainer, drain chickpeas, reserving canning liquid.



Start shakshuka

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then peppers and onions.
- Cook, stirring occasionally, until slightly softened, 2-3 min.
- Add chickpeas, then sprinkle Moroccan Spice Blend and 1/4 tsp (1/2 tsp) chili flakes over top. (NOTE: Reference heat guide.)
- Cook, stirring often, until chickpeas are coated, 30 sec.
- Season with salt and pepper.



- Add crushed tomatoes and reserved canning liquid to the pan with chickpea mixture.
- Season with **pepper** and ½ tsp (1 tsp) salt. Bring to a gentle simmer. Once simmering, reduce heat to medium-low.
- Cook, stirring occasionally, until veggies are tender, 4-5 min. (TIP: Add 2-3 tbsp water if mixture gets too dry.)
- Add spinach. Cook, stirring often, until slightly wilted, 1-2 min.



6 | Finish and serve

Measurements

1 | Cook Beyond Meat®

🕀 Add | Beyond Meat®

If you've opted to add Beyond Meat®, heat a large non-stick pan over medium-high heat. When hot, add 1/2 tbsp (1 tbsp) oil, then patties. Cook, breaking up patties into

bite-sized pieces, until crispy, 5-6 min.** Season with salt and pepper. Transfer to a

plate and cover to keep warm. Reuse the same

pan to cook **onions** and **peppers** in next step.

within steps

1 tbsp (2 tbsp)

oil

Add | Beyond Meat®

Top final bowls with **Beyond Meat**®.



Cook eggs

- Using the back of a large spoon, make 2 indents (4 indents for 4 ppl) in **shakshuka**. (TIP: If you want to add extra eggs, make more indents.)
- Crack an egg into each indent. Season with salt and pepper.
- Cover and cook until eggs reach desired doneness, 5-8 min.**



Make sesame flatbreads

- Meanwhile, arrange flatbreads on an unlined baking sheet.
- Brush 1 tbsp (2 tbsp) oil over flatbreads. Season with **salt** and **pepper**.
- Sprinkle sesame seeds over top, pressing down to adhere.
- Broil in the middle of the oven until **sesame seeds** are golden-brown, 2-4 min. (TIP: Keep an eye on flatbreads so they don't burn!)



Finish and serve

🕀 Add | Beyond Meat®

- Divide shakshuka between bowls.
- Sprinkle **feta** over top.
- Halve sesame flatbreads and serve alongside.
- Dollop **yogurt sauce** over top.



