

HELLO Chickpea Shakshuka

with Sesame Flatbreads and Feta

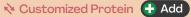
Veggie

Optional Spice

30 Minutes



Plant-Based Ground Protein 250 g | 500 g









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 🎥





Chickpeas





1 | 2





Tomatoes with



Garlic, cloves

Garlic and Onion



Yellow Onion



1 2



Baby Spinach



56 g | 113 g

Blend 2 tbsp | 4 tbsp





2 | 4

Sesame Seeds 1 tbsp | 2 tbsp



Feta Cheese, crumbled ¼ cup | ½ cup



Chili Flakes

1/4 tsp | 1/4 tsp

Allengens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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: ¼ tsp
- Spicy: ½ tsp
- Extra-Spicy: 1 tsp
- Peel, then mince or grate garlic.
- Peel, then cut **onion** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Using a strainer, drain chickpeas, reserving liquid.



Start shakshuka

🛨 Add | Ground Protein

- 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 garlic. Cook, stirring often, until fragrant, 30 sec.
- Add chickpeas, then sprinkle Moroccan
 Spice Blend and ¼ tsp (½ tsp) chili flakes over top. (NOTE: Reference heat guide.)
- Cook, stirring often, until **chickpeas** are coated, 30 sec.
- Season with salt and pepper.



Finish shakshuka

- Add crushed tomatoes and reserved chickpea liquid to the pan with chickpea mixture. Season with pepper and
 1/2 tsp (1 tsp) salt. Bring to a gentle simmer.
- Once simmering, reduce heat to mediumlow. 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.



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 eggs 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

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



(2 tbsp) oil

erson 4 person Ingre

2 | Start shakshuka

🛨 Add | Ground Protein

If you've opted to add plant-based ground protein, add patties along with peppers and onions. Cook, breaking up into smaller pieces, until crispy, 5-6 min.** Season with salt and pepper. Follow the rest of the recipe as written.

1 tbsp