



Chorizo Shakshuka

with Feta and Flatbreads

Special Sides 20 Minutes • Little Spice • 1 of your 5 a day

Nº 3A



Bell Pepper



Red Onion



Garlic Clove



Coriander



Feta Cheese



Chorizo



Ground Cumin



Harissa Paste



Finely Chopped Tomatoes



Greek Flatbreads

Before you start

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

Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Frying Pan, Lid.

Ingredients

	Quantity
Bell Pepper**	1
Red Onion**	1
Garlic Clove	1
Coriander**	1 bunch
Feta Cheese 7)**	100g
Chorizo**	60g
Ground Cumin	1 sachet
Harissa Paste	1 sachet
Finely Chopped Tomatoes	1 carton
Greek Flatbreads 7) 13)	2
Egg*	4

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	611g	100g
Energy (kJ/kcal)	3040 / 727	497 / 119
Fat (g)	37	6
Sat. Fat (g)	12	2
Carbohydrate (g)	53	9
Sugars (g)	18	3
Protein (g)	40	7
Salt (g)	4.13	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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.



Cook the Eggs

Use your spoon to make a small well for each **egg** in your **sauce**. Crack an **egg** into each well (see ingredients for amount you need). **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.



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.** **IMPORTANT: Cook chorizo thoroughly.**



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.



Finish the Sauce

Add the **harissa paste** (add less if you don't like heat), **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.



Time to Serve

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

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.