



COZY CHICKPEA AND EGG SKILLET

with Shakshuka Spices and Feta Cheese



HELLO
SHAKSHUKA SPICE BLEND
 Smoked paprika and cumin bring earthy aromatics to this skillet.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 660

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|---|--|--|--|--|
| 
Yellow Onion | 
Parsley | 
Shakshuka Spice Blend | 
Chili Flakes | 
Feta Cheese
<small>(Contains: Milk)</small> |
| 
Garlic | 
Chickpeas | 
Crushed Tomatoes | 
Eggs
<small>(Contains: Eggs)</small> | 
Demi-Baguette
<small>(Contains: Wheat)</small> |

START STRONG

This recipe is inspired by North African shakshuka, a chickpea and egg bake. Traditionally, it's a breakfast dish, but we think it fits in at lunch or dinner, too—you can enjoy it at any time of day!

BUST OUT

- Strainer
- Medium pan
- Baking sheet
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Parsley ¼ oz | ½ oz
- Chickpeas 1 | 1
- Shakshuka Spice Blend 1 TBSP | 2 TBSP
- Crushed Tomatoes 1 | 1
- Chili Flakes 1 tsp | 1 tsp
- Eggs 2 | 4
- Feta Cheese ½ Cup | 1 Cup
- Demi-Baguette 1 | 2

HELLO WINE



PAIR WITH
Flamboyance
Languedoc-la-Clape Rosé, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

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



4 POACH EGGS

Make two small wells in **tomato mixture**. Carefully crack an **egg** into each. Sprinkle **salt, pepper, and feta cheese** over everything. Transfer to oven and bake until eggs reach desired doneness, 5-7 minutes. **TIP:** If your pan isn't ovenproof, continue cooking on stove, covered, until eggs reach desired doneness, 5-7 minutes.



2 COOK AROMATICS

Heat a drizzle of **olive oil** in a medium pan over medium heat (use an ovenproof pan if you have one). Add **onion** and **garlic**. Cook, tossing, until soft, 4-5 minutes. Stir in **shakshuka spice blend** and cook until fragrant, about 30 seconds. Add **chickpeas** and **tomatoes**. Stir to combine. Season with **salt and pepper**.



5 MAKE TOASTS

Meanwhile, cut **baguette** into slices and place on a baking sheet. Sprinkle with a drizzle of **olive oil**, then season with **salt and pepper**. Toast in oven until golden, 3-5 minutes.



3 SIMMER TOMATOES

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



6 FINISH AND SERVE

Sprinkle remaining **parsley** over pan, along with any remaining **chili flakes** (to taste). Divide between bowls and serve with **toasts** for dipping.

EASY CHICKPEASY!

Protein-packing eggs and chickpeas make for a meal of champions.

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