



BREAKFAST

COZY CHICKPEA AND EGG SKILLET

with Shakshuka Spices and Naan Flatbreads



HELLO

SHAKSHUKA SPICE BLEND

Smoked paprika and cumin bring earthy aromatics to these eggs

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



Yellow Onion



Parsley



Shakshuka Spice Blend



Chili Flakes



Feta Cheese
(Contains: Milk)



Garlic



Chickpeas



Crushed Tomatoes



Eggs
(Contains: Eggs)



Naan Flatbreads
(Contains: Wheat)

START STRONG

This recipe is inspired by North African shakshuka, a tomato-y chickpea and egg bake that's traditionally a breakfast dish. We think it fits in easily at brunch, lunch, or dinner, too.

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 Box | 1 Box
- Shakshuka Spice Blend 🌶️ 1 TBSP | 2 TBSP
- Crushed Tomatoes 1 Box | 1 Box
- Chili Flakes 🌶️ 1 tsp | 1 tsp
- Eggs 2 | 4
- Feta Cheese ½ Cup | 1 Cup
- Naan Flatbreads 2 | 4

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1 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, place **2 flatbreads** on a baking sheet. Drizzle with **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**. Reduce heat to medium-low.



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

EASY CHICKPEASY!

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