



Shakshuka on Toasted Ciabatta with Greek Style Cheese, Bell Pepper and Parsley

Breakfast 15-20 Minutes • 3 of your 5 a day • Veggie

24A

Find all your unchilled Market items in bag A.



Bell Pepper



Flat Leaf Parsley



Ciabatta



Finely Chopped Tomatoes with Onion and Garlic



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Egg

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	Quantity
Bell Pepper***	1
Flat Leaf Parsley**	1 bunch
Ciabatta 13	2
Finely Chopped Tomatoes with Onion and Garlic	1 carton
Greek Style Salad Cheese** 7)	100g

Pantry	Quantity
Egg*	2
Sugar*	1 tsp

*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2137 /511	460 /110
Fat (g)	19.6	4.2
Sat. Fat (g)	9.9	2.1
Carbohydrate (g)	59.0	12.7
Sugars (g)	17.8	3.8
Protein (g)	24.9	5.3
Salt (g)	3.98	0.86

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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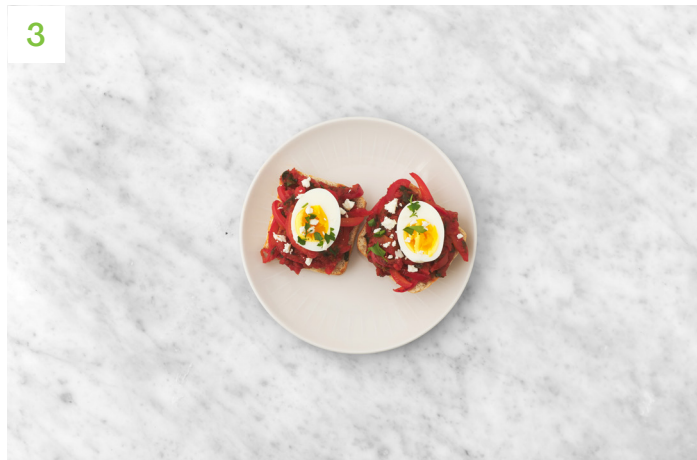
1



2



3



Get Prepped

- If you don't have a toaster, preheat your grill to high. Boil a half-full kettle.
- Pour the **boiled water** into a medium saucepan and bring to the boil. Boil the **eggs** (see pantry for amount) for 7-8 mins. Drain and allow to cool. **IMPORTANT:** *Ensure egg whites are fully cooked.*
- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **parsley** (stalks and all).
- Halve the **ciabatta**.

Make the Sauce

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **bell pepper** and season with **salt** and **pepper**. Fry, stirring, until just soft, 3-4 mins.
- Add the **chopped tomatoes, sugar** (see pantry for amount) and **three quarters** of the **parsley** to the pan. Cook, stirring, until piping hot, 1-2 mins.

Assemble and Serve

- While the **sauce** cooks, toast the **ciabatta halves** in your toaster until golden. Alternatively, grill on the top shelf until golden, 2-3 mins.
- Once cooked and cooled, remove the **eggs** from their shells and cut them in half vertically.
- Share the **toasted ciabatta halves** between 2 serving plates and top with the **tomato sauce**.
- Place **half** an **egg**, cut-side up, on top of each **ciabatta half**. Crumble over the **Greek style salad cheese** and sprinkle over the remaining **parsley** to finish.

Enjoy!