

Meatball and Egg Shakshuka

with Fresh Parsley

hellóchef

Shakshuka may be at the apex of eggs-for-dinner recipes!

Cals 907 • Prot 49 • Carbs 28 • Fat 66

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🕒 cook: 30 min

R1869



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Garlic paste	10	15	20	Grams
Dijon mustard 13*	6	9	12	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Sauce				
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Tomatoes	2	3	4	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Chilli flakes	2	2	2	Grams
Tomato paste	30	50	70	Grams
Tomato passata	400	400	600	Grams
Water	100	150	100	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Honey	15	15	30	Grams
Black pepper	0.5	1	1	Tsp
Organic Eggs 5*	4	6	8	Piece
To serve				
Fresh parsley	15	15	15	Grams

Allergens

***13 Mustard, *4 Milk, *5 Eggs, *9 Soya, *15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3797 / 907
Fat (g)	66.3
of which saturates (g)	24.3
Carbohydrate (g)	28
of which sugars (g)	19.5
Fiber (g)	7
Protein (g)	48.9
Salt (g)	5.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep meatballs

Add the **beef mince, garlic paste, Dijon mustard, salt** and **pepper** to a large mixing bowl. With clean hands, knead for 3-4 until all the ingredients are fully combined and the meat is tender. Shape into meatballs.



2 Prep vegetables

Peel and chop the **onion** and **garlic**. Chop the **tomatoes**.



3 Start shakshuka

Heat a pan over medium-high heat with a drizzle of **oil**. Fry the **onion** with a pinch of **salt** for 5 min until translucent. Add the **garlic, chilli flakes** (adjust the amount to your liking), **tomatoes** and **tomato paste**, and cook for 2 min further. Add the **tomato passata, water, chicken stock cube, honey** and **black pepper**. Simmer for 5 min.



4 Add meatballs

Add the meatballs to the pan. Cover with a lid and simmer for 10 min.



5 Add eggs

With the back of a spoon, delve holes into the shakshuka. Crack the **eggs** into the holes. Cook for 7-8 min further, mixing the whites into the sauce with a fork whilst taking care not to poke the yolks. Cook until the yolks have cooked to your liking.



6 Serve

Chop the **fresh parsley**. Sprinkle the **parsley** over the shakshuka, and serve immediately (see tips for fussy eaters and pro tip).