

Tomato Soup

with Feta Cheese Fatayer Pastries

hellóchef

A bowl of soup and a cheesy bread – the perfect comfort dinner!

Cals 1016 • Prot 39 • Carbs 108 • Fat 47

Vegetarian

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🕒 cook: 60 min

R2612



Before you start

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

Ingredients

Tomato soup	2 ppl	3 ppl	4 ppl	
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Tomato passata	600	800	1000	Grams
Water	200	300	400	ML
Vegetable stock cube 15*	1	2	2	Piece
Honey	15	15	30	Grams
Cooking cream 4*	200	200	200	ML
Black pepper	0.5	0.5	0.5	Tsp
Fatayer dough				
Plain flour 10*, 11*	200	300	400	Grams
Yeast	5	8	10	Grams
Salt	0.5	0.5	0.5	Tsp
Water	140	210	280	ML
Olive oil	1	1	2	Tbsp
Fatayer filling				
Feta cheese 4*	200	200	400	Grams
Fresh parsley	15	30	30	Grams
Organic Eggs 5*	2	2	3	Piece
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*15 Celery, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs

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)	4241 / 1016
Fat (g)	47.2
of which saturates (g)	29.7
Carbohydrate (g)	108
of which sugars (g)	26.1
Fiber (g)	8.1
Protein (g)	39.4
Salt (g)	11.4

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



1 Make dough

Pour the all purpose **flour** into a bowl. Add **yeast** and **salt**, mix well. Gradually add warm **water**, mixing the dough with clean hands. Add **olive oil**. Knead the dough for about 5 min until it's not sticky anymore. Form into a ball. Cover with cloth and let sit at room temperature until doubled in size (30 min).



2 Start tomato soup

Peel and chop **shallots** and **garlic**. Heat **oil** in a saucepan and sweat the **shallots** and **garlic** with a pinch of **salt** for 3 min. Add **tomato passata, water, vegetable stock cube** and **honey**. Bring to a boil, reduce the heat to low, cover, and let simmer for 15 min.



3 Make filling

Crush the **feta cheese** in a bowl with a fork. Chop **parsley** and add to the **cheese**. Mix in half of the **eggs**. Season with **pepper**.



4 Fill fatayer

Preheat the oven to 200°C/180°C fan. Divide the dough into {4/6/8} pieces. Roll each piece into a thin oval. Divide the filling on top. Pinch each end to create boat-shaped pastries. Beat the remaining **eggs** lightly. Brush the dough edges with the beaten **eggs**.



5 Bake fatayer

Place the fatayer pastries into an oven tin lined with baking paper. Bake in the oven for 15-17 min until cooked through and nicely browned on top.



6 Finish soup

Meanwhile, add the **cooking cream** to the **tomato** soup, then puree the soup with a mixer or in a blender until smooth and fluffy. Check the seasoning. Divide the soup to plates and crack some **black pepper** on top. Serve with the **cheese** fatayer.