

# Spicy Eggplant and Black Bean Shakshuka

## with Feta

hellóchef

Enjoy Middle Eastern flavours in this healthy low-carb one-pot!

Cals 509 • Prot 37 • Carbs 51 • Fat 19

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2639



Before you start

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

Ingredients

Shakshuka	2 ppl	3 ppl	4 ppl	
Red onion	1	2	2	Pieces
Garlic cloves	3	5	6	Pieces
Eggplant	1	2	2	Pieces
Black beans	240	240	480	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Tomato paste	30	50	70	Grams
Harissa paste	20	30	40	Grams
Honey	20	20	40	Grams
Tomato passata	400	500	800	Grams
Water	100	150	200	ML
Organic Eggs 5*	4	6	8	Pieces
Feta cheese 4*	75	100	150	Grams
To serve				
Fresh parsley	15	15	15	Grams
Black pepper	0.5	0.5	0.5	Tsp

Allergens

\*5 Eggs, \*4 Milk

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)	2134 / 509
Fat (g)	19.2
of which saturates (g)	8.2
Carbohydrate (g)	51
of which sugars (g)	21.1
Fiber (g)	15.9
Protein (g)	36.7
Salt (g)	6.4

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



1 Prep vegetables

Peel and finely chop the **red onion**. Peel and crush the **garlic**. With a peeler, peel lengthwise stripes into the **eggplant** skin. Then chop the **eggplants** into small cubes. Rinse and drain the **black beans** in a colander.



2 Fry eggplant

Heat a large pan over a medium-high heat with a generous drizzle of **olive oil** (if you're cooking for 3 or 4, use two pans). Fry the **eggplant** cubes for 8 min or until browned. Transfer them to a plate.



3 Fry onion

Return the pan to the heat with another drizzle of **oil**. Add the **onion** and a pinch of **salt**, fry for 5 min. Add the **garlic** and fry for 1-2 min further. Return the fried **eggplant** to the pan.



4 Add and stew

Add the **tomato paste, harissa paste** and **honey**. Stir for 1-2 min. Add the **tomato passata, measured water** and **black beans**. Bring to a boil and reduce the heat to low. Simmer for 5 min until thickened.



5 Add eggs

With the back of a spoon, delve holes into the shakshuka. Crack the **eggs** into the holes. Crumble the **feta cheese** on top. Cook for 8-10 min further, preferably covered with a lid (see pro tip), until the **eggs** are set.



6 Serve

Chop the **fresh parsley**. Garnish the shakshuka with the chopped **parsley** and a grind of **black pepper**.