

Tomato and Egg Shakshuka

with Khobz al Khameer Bread

hellóchef

Bake your own Emirati-style flat breads!

Cals 1057 • Prot 55 • Carbs 157 • Fat 25

Vegetarian

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

🕒 cook: 60 min

R2653



Before you start

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

Ingredients

Khobz al Khameer	2 ppl	3 ppl	4 ppl	
Whole milk 4*	200	200	200	ML
Plain flour 10*, 11*	300	300	300	Grams
Yeast	8	8	8	Grams
White sugar	5	5	5	Grams
Salt	0.5	0.5	0.5	Tsp
Olive oil	1	1	1	Tbsp
Saffron Splash	10	10	10	ML
Organic Eggs 5*	6	9	12	Pieces
Black sesame seeds 3*	15	15	15	Grams

Shakshuka				
Shallots	2	3	4	Pieces
Garlic cloves	3	4	5	Pieces
Tomatoes	2	3	4	Pieces
Red pepper	1	2	2	Pieces
Large red chilli	1	1	2	Pieces
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Tomato paste	30	50	70	Grams
Tomato passata	400	500	800	Grams
Honey	20	20	40	Grams
Black pepper	0.5	1	1	Tsp
Zaatar	5	8	10	Grams

Allergens

*4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *3 Sesame Seeds

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)	4425 / 1057
Fat (g)	25.3
of which saturates (g)	8.7
Carbohydrate (g)	157
of which sugars (g)	29.9
Fiber (g)	13.9
Protein (g)	54.8
Salt (g)	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 Make dough

Add the **milk** to a saucepan and warm it until it starts to steam (it shouldn't be hot!). Combine the **flour** (reserve 2-4 Tbsp), **yeast**, **sugar** and **salt** in a mixing bowl. Add the warm **milk**, **olive oil** and **saffron**. Knead the dough for 5 min. Shape it into a ball and cover it with a cloth and let it 'prove' at room temperature for 30 min or until doubled in size.



4 Form breads

Divide the dough into {4/6/8} pieces. Dust a clean work surface with the reserved **flour**. Using a rolling pin, roll each piece of dough out into thin breads. Place the breads onto a lined baking tray. Set aside to rest for 5 min. (If you're cooking for 3-4 people, use two baking trays.)



2 Prep vegetables

Meanwhile, preheat the oven to 220°C/200°C fan. Peel and finely chop the **shallots**. Peel and crush the **garlic**. Chop the **tomatoes** and bell **peppers**. Finely chop the **chilli** (tip: deseed if you like it milder).



5 Bake

Crack an egg into a cup and whisk it. Brush the breads with the beaten egg. Sprinkle with the **black sesame seeds** (see pro tip). Bake the breads in the oven for 10-12 min until browned.



3 Start shakshuka

Heat a pan over a medium-high heat with a generous drizzle of **olive oil** (if you're cooking for 3 or 4, use two pans). Once hot, add the **shallots**, **garlic**, **tomatoes**, bell **peppers** and **chilli** with a pinch of **salt**. Cook for 5 min. Remove the pan from the heat and set aside.



6 Finish shakshuka

Add the **tomato paste**, **tomato passata**, **honey** and **black pepper** to the shakshuka. Simmer for 5 min. Crack the **eggs** into the shakshuka. Mix the **whites** into the sauce using a fork, but don't poke the **yolks**. Cook for a final 5 min. Sprinkle with **zaatar**. Serve with the Khobz al Khameer bread.