

# Turkish Eggs with Spicy Sausages, Yogurt and Tomatoes

hellóchef

Spicy, creamy and tart flavours come together in this satisfying dinner!

Cals 420 • Prot 29 • Carbs 21 • Fat 28

**Chef's Choice**

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🕒 cook: 30 min

R2757



## Before you start

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

## Ingredients

Base	2 ppl	3 ppl	4 ppl	
Garlic cloves	1	2	2	Pieces
Olive oil	1	2	2	Tbsp
Greek yogurt <b>4*</b>	170	170	340	Grams
Salt	0.5	0.5	0.5	Tsp

### Spicy tomatoes

Shallots	1	2	2	Pieces
Cherry tomatoes	150	250	300	Grams
Butter <b>4*</b>	10	20	30	Grams
Olive oil	1	2	2	Tbsp
Tomato paste	70	70	140	Grams
Red vinegar	15	22	30	ML
Honey	20	20	40	Grams
Chilli powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

### To serve

Organic Eggs <b>5*</b>	4	6	8	Pieces
White vinegar	15	22	30	ML
Hazelnuts <b>2*</b>	40	60	80	Grams
Zaatar	5	8	10	Grams
Sumac	2	2	4	Grams

## Allergens

**\*4 Milk, \*5 Eggs, \*2 Tree Nuts**

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)	1755 / 420
Fat (g)	27.8
of which saturates (g)	8
Carbohydrate (g)	21
of which sugars (g)	8.4
Fiber (g)	7.2
Protein (g)	28.6
Salt (g)	1

\*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 garlic yogurt

Peel and crush the **garlic** into a small microwavable bowl. Add the **olive oil**. Warm the **oil** in the microwave for 30 seconds until sizzling (alternatively heat the **oil** in a pan instead). Add the **Greek yogurt** to the **oil**, season with a pinch of **salt** and set aside (don't refrigerate - serve at room temperature).



### 2 Cook tomatoes

Peel and chop the **shallots**. Halve the **cherry tomatoes**. Heat a pan over a medium heat with the **butter** and a drizzle of **olive oil**. Add the **shallots, tomatoes, tomato paste, red vinegar, honey, chilli powder** (adjust to your liking) **salt** and **black pepper**. Cover with a lid and simmer for 10 min or until the **tomatoes** have broken down.



### 3 Prep eggs

Meanwhile, bring a large pot of water to a simmer (don't add any **salt**) over a medium heat. Crack the **eggs** into separate bowls or mugs. Add the **white vinegar** to the pot.



### 4 Poach eggs

Once simmering, reduce the heat to low so small bubbles rise to the surface. Stir the water to create a gentle whirlpool. Slowly tip the **eggs**, one by one, into the center of the whirlpool. Cook for 3-4 min until the egg whites are set. Using a slotted spoon, transfer the **eggs** to kitchen paper to drain. Trim the whites.



### 5 Fry sausages

Meanwhile, heat a pan over a medium-high heat with a drizzle of **olive oil**. Fry the merguez sausages (without piercing their skins) for 5-7 min, turning occasionally, or until they are cooked through and nicely browned on the surface.



### 6 Assemble and serve

Roughly chop the **hazelnuts**. Divide the **garlic yogurt** among plates. Top with the spicy **tomatoes**. Add the merguez sausages and the poached **eggs**. Sprinkle with the chopped **hazelnuts, zaatar** and **sumac**. Serve immediately.