



HEALTHY

Summer Greens Shakshuka

with Smoked Paprika Yoghurt



20-30min



4 Portions

Here's a unique take on an Israeli egg favourite, normally made using tomato, capsicum and hot spices. Bursting with green goodness (and, yay, made in one pan), our non-spicy version will suit all ages and palates. You'll be amazed at how little time it takes to get ready, from go to whoa.

What we send

- smoked paprika
- garlic
- snow peas
- asparagus
- peas
- chickpeas
- onion
- baby spinach leaves
- Greek-style yoghurt ⁷
- white sesame seeds ¹¹

What you'll require

- eggs ³
- sea salt and pepper
- vegetable oil
- water

Utensils

- large deep frypan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Due to supply issues with green beans (pictured), we've swapped them for snow peas, but don't worry the dish will be equally delicious.

Allergens

Egg (3), Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 525kcal, Fat 21.0g, Carbs 42.0g, Proteins 30.2g



1. Prepare vegetables

Bring a large deep frypan of salted water to the boil for the vegetables. Trim the **asparagus**, then cut into 3cm lengths. Trim the **snow peas** (see cooking tip), then cut into 3cm lengths. Crush or finely chop the **garlic**. Finely chop the **onion**. Rinse the **chickpeas** and drain well.



2. Prepare vegetables

Cook the **asparagus** and **snow peas** in the pan of boiling water for 1 min. Add the **peas** and cook for a further 1 min or until the vegetables are tender. Drain then refresh under cold water. Wipe the pan dry.



3. Cook vegetables

Heat **2 tbs vegetable oil** in the frypan over medium heat. Cook the **onion** and **garlic**, stirring often, for 5 mins or until softened. Add the **green vegetables** and **chickpeas**, season well with **salt and pepper** and stir to combine. Add the **spinach**, cover and cook for 1 min or until the spinach wilts.



4. Add eggs

Stir the spinach through the vegetables to combine. Using the back of a large spoon, make 4 indentations in the vegetable mixture. Carefully crack an **egg** into each indentation.



5. Make paprika yoghurt

Cover the pan, then cook the **shashuka** for 3 mins or until the eggs are just set. While the eggs are cooking, put **1½ tsp smoked paprika** (the remaining smoked paprika won't be used in this dish), **1 tbs water** and the **yoghurt** in a small bowl, season with **salt** and stir to combine.



6. Get ready to serve

Divide the **summer greens shakshuka** among bowls. Drizzle with the **smoked paprika yoghurt** and scatter over the **sesame seeds** to serve.