

DINNERLY



Low-Cal Tomato & Red Pepper Shakshuka

with Feta & Garlic Pita



20-30min



2 Servings

Shakshuka is a mouthful. A delicious mouthful! This tomato-based stewed dish is popular in North African cuisine, and now it's gonna be popular in your house, too. The eggs cook in the sauce, coddled by the flavors of roasted red pepper, onions, tomatoes, harissa spice, and cilantro. Those perfectly runny centers will ooze into the sauce when you dive in with crispy pita chips. We've got you covered!

WHAT WE SEND

- 14½ oz can whole peeled tomatoes
- ¼ oz fresh cilantro
- 4 oz roasted red peppers
- ¼ oz harissa spice blend
- 1 red onion
- 2 oz feta ²
- 2 Mediterranean pitas ^{3,4,5}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- 2 large eggs ¹

TOOLS

- medium ovenproof skillet

ALLERGENS

Egg (1), Milk (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 25g, Carbs 71g, Protein 23g



1. Cook onion

Halve **onion** and thinly slice.

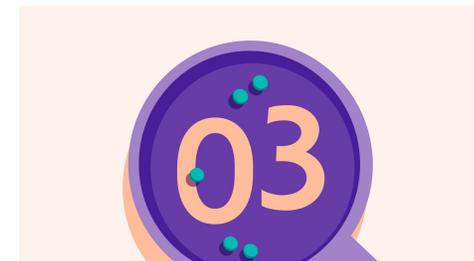
Heat **1 tablespoon oil** in a medium ovenproof skillet over medium high. Add onion and **½ teaspoon salt**; cook until golden-brown and softened, 5–7 minutes.



2. Prep ingredients

While **onion** cooks, using kitchen shears, cut **tomatoes** in their can until finely chopped.

Pick **cilantro leaves** from **stems**; finely chop stems, keeping leaves whole. Pat **red peppers** dry and thinly slice, if necessary. Finely chop **1 teaspoon garlic**.



3. Make shakshuka sauce

When **onions** are softened, add **chopped garlic, cilantro stems, and harissa spice**. Cook, stirring, about 30 seconds. Add **tomatoes, red peppers, ⅓ cup water, ½ teaspoon salt, and a few grinds of pepper**. Bring to a boil, reduce heat to medium, and simmer until mixture is stewy and thick, about 10 minutes.



4. Cook eggs

Preheat broiler with a rack in the top position.

Use a spoon to make 2 spaces in the **sauce**, then crack **1 large egg** into each. Sprinkle with **salt and pepper**. Cover skillet, and continue to simmer until egg whites are just set, and yolks are still runny, 3–4 minutes (watch closely so eggs don't overcook).



5. Make pita chips & serve

Cut **pitats** into quarters; lightly brush with **oil** and season with **salt and pepper**. Broil directly on top oven rack until golden-brown and crisp, 1 minute per side (watch closely as broilers vary). Rub one side with **1 whole garlic clove**.

Serve **shakshuka** with **feta** and **cilantro** over top and with **pita chips** alongside. Enjoy!



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