

Shakshuka

Recipe Reference: Downshiftology with Lisa Bryan www.downshiftology.com

Ingredients

- 2x tablespoons olive oil or oil you already have
- 1x medium onion, diced
- 1x red capsicum, seeded and diced
- 4x garlic cloves, finely chopped or one Tablespoon minced garlic
- 2x tsp paprika
- 1x tsp cumin
- 0.25 tsp chili powder
- 2x 400g cans whole peeled tomatoes
- 6x large eggs
- salt and pepper, to taste

Optional Herbs for serving

- 1x small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

Directions

Step 1

Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.

Step 2

Add garlic and spices and cook an additional minute.

Step 3

Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.

Step 4

Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cook the eggs for 5 to 8 minutes, or until the eggs are done to your liking. You can also cover the pan with a lid to expedite the eggs cooking.

Step 5

Garnish with chopped cilantro and parsley before serving.

Step 6

Serve by itself, or with bread, pita. You could also top it with something like plain yoghurt to balance out the spice, if necessary

Enjoy!

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