



Shakshuka

A popular north African breakfast choice but can be enjoyed at any time of the day!

Serves 3-4, depending on portion size required

Ingredients

Drizzle of olive oil
1 large chopped onion
1 chopped red pepper
1 chopped green pepper
2 garlic cloves, finely chopped
½ tsp cumin seeds
1 tsp paprika
½ tsp smoked paprika
½ tsp cayenne pepper
2 x 400g tins tomatoes
2 handfuls of fresh spinach or kale, washed and chopped. No thick stalks.
1 small bunch fresh coriander, roughly chopped
1 small bunch fresh parsley, roughly chopped
4 free-range eggs
50g feta cheese, crumbled
1 tbsp Greek natural yoghurt per person
salt and freshly ground black pepper



Optional – Toasted flatbreads to dip, or serve on a lightly warmed seeded / wholemeal tortilla.

Method

- Heat the olive oil in a large, lidded frying pan.
- Add the onions and peppers.
- Cook on a medium heat for 4-5 mins.
- Add the garlic and cook for a further 2 minutes.
- Sprinkle in the cumin, paprikas and cayenne pepper.
- Add the tins of tomatoes with a splash of water.
- Simmer for 7-8 minutes, uncovered, until reduced a little. Stir now and again so it doesn't dry out.
- Add in the spinach / kale and herbs and season.
- Make 4 small wells in the sauce and break the eggs into each well.
- Cook for a few more minutes until the whites are set but the yolks are still runny. Putting the lid over can help with this, but watch the bottom doesn't dry out.
- Sprinkle over the crumbled feta and some more fresh coriander to garnish. Serve with yogurt on the side.