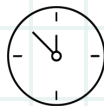




SHAKSHUKA



Prep time
15 min



Cooking time
20 min



Portions
6

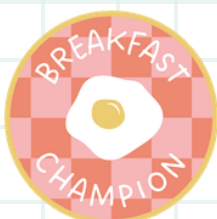


Shakshuka

Chef Notes

- Crack the eggs gently into the tomato sauce. Cover the pan to help cook the eggs
- Let the tomatoes simmer until the sauce thickens.
- Cumin, paprika and chilli give shakshuka its warm, smoky flavour. Adjust the chilli to suit your taste.
- Remove the pan from the heat when the egg whites are set, but the yolks are still slightly runny. The eggs will continue cooking.

Skill Badges



Ingredients

- 3 tbs olive oil
- 1 chopped onion
- 1 red & yellow pepper
- 3 cloves garlic, crushed
- ¼ tsp chilli powder (optional)
- 1 tsp ground cumin or cumin seeds
- 1 tsp smoked paprika
- 2 tbs tomato paste
- 1 tin chopped tomatoes
- Salt and black pepper
- 1 tsp sugar or honey
- 6 eggs

Garnish ideas: 2 tbs fresh coriander/ parsley, feta, dukkah.

Serve with fresh crusty bread

Equipment

frying pan + lid
chopping board
knife
wooden spoon

Method

Step 1

Heat oil in a large frying pan. Add onion, garlic and spices. Cook for 5-6 minutes until softened and spices are fragrant.

Step 2

Add peppers, tinned tomatoes and tomato puree. Simmer for 8-10 minutes until thickened.

Step 3

Adjust seasoning, by adding salt, pepper and extra spice if needed

Step 4

Make 5-6 wells in the sauce and crack an egg into each one.

Step 5

Cover and cook for 5-7 minutes, until the egg whites are set but yolks are still soft.

Step 6

Garnish with coriander or parsley, feta or dukkah. Serve with crusty bread.