



SHAKSHUKA

Courtesy of: Australian Eggs



Method:

1. Heat the olive oil in a large frying pan over a medium heat. Add the chopped capsicum and onion and cook (stirring occasionally until soft but not brown) for about 6 minutes. Add garlic, cumin and paprika and cook (stirring frequently until garlic is soft) for about 2 more minutes.
2. Add the tomatoes and bring to a simmer for 5 minutes. Taste and season with salt and pepper. If the sauce is too thick, you can add a splash of water.
3. Make four indents in the simmering sauce with the back of a spoon to create a little hole for the eggs. Gently break an egg into each. Cover with a lid and gently simmer for 3-4 minutes or until the egg whites are set but the yolks are still slightly runny (cook for an extra 2 minutes if you like well-cooked eggs). If the eggs look undercooked, you can gently spoon some of the tomato sauce over the top of the eggs to baste them, being careful not to disturb the yolk. Add the feta cheese for the last 2 minutes.
4. Sprinkle chopped coriander on top and serve with toasted pita bread, if desired.

Ingredients:

- 2 tablespoons (30ml) of extra virgin olive oil
- 2 red capsicum, chopped into 1-2cm pieces
- 1 brown onion, roughly chopped
- 4 cloves garlic, finely chopped
- 1-2 long red chillies, chopped, to taste
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon paprika
- 400g can chopped tomatoes, undrained
- Salt and freshly ground black pepper, to taste
- 4 eggs
- ½ cup feta cheese or labneh (optional)
- 2 tablespoons chopped coriander
- Pita bread, toasted, to serve

Nutrition Information:

Serves 4 people.

| Nutrient | Per serve |
|---------------|-----------|
| Energy | 1536 kJ |
| Protein | 17.1 g |
| Fat | 19.3 g |
| Saturated fat | 6.1 g |
| Carbohydrate | 28.3 g |
| Fibre | 7.7 g |
| Sodium | 257 mg |

