





VEGETARIAN, DAIRY FREE, GLUTEN FREE
MAKES 2 SERVES

Shakshuka (baked eggs)


 Preparation time
10 minutes

 Cooking time
30 minutes

 Equipment required
**Chopping knife,
frying pan, spatula**

Shakshuka is a tasty, hearty Middle Eastern baked egg dish. Our version is quick, easy, and flexible with ingredients. Double the recipe and cook it in a larger pan to feed a group.




\$2.55 / serve
Save **\$17.45**

Ingredients

1 small brown onion, diced
1 red/yellow capsicum, diced
2 cloves garlic, chopped
1/2 tablespoon tomato paste
1 x 400g tin cherry tomatoes
1 x 400g tin red kidney beans
(or any other beans on hand)
2 eggs

Pantry Items

1 tablespoon olive oil
1 teaspoon ground paprika
1 teaspoon ground cumin
Salt and pepper

Method

- 1 Heat olive oil in frying pan over medium heat. Add onions and cook until beginning to soften, about 5 mins.
- 2 Add capsicum and garlic, cook for 5 minutes.
- 3 Add paprika and cumin, cook for 1 minute until fragrant.
- 4 Stir tomato paste through and cook for 2 minutes.
- 5 Add tomatoes and beans. Bring to a boil then simmer for 10 minutes. Add a splash of water if it becomes too dry.
- 6 Season with salt and pepper and stir through.
- 7 Make 2 'wells' and crack eggs into them, and cover with a lid.
- 8 Cook for 8-10 minutes, or until eggs are done to your liking. Season eggs with salt and pepper.

*Sprinkle with fresh parsley if on hand, and serve with flatbread or toast.

Variations



VG - Instead of eggs, bulk up dish with other veggies (such as zucchini, sweet potato or cauliflower).



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