Invented for life



Your Sunday Shakshuka

Difficulty: Easy Servings: 4 Preparation Time: 10 minutes Cooking Time: 15 minutes

Ingredients

2 tablespoons extra virgin olive oil
1 brown onion, sliced
1 red capsicum, sliced
2 cloves garlic, thinly sliced
2 teaspoons smoked paprika
1 teaspoon ground cumin
400g can crushed tomatoes
Sea salt and pepper, to taste
4 large free-range eggs
1 bunch coriander or parsley, roughly chopped
Optional : grilled flatbreads, to serve





Your Sunday Shakshuka

Method

- 1. Place a medium-sized pan over a medium heat. Add the olive oil, sliced onion, sliced capsicum and sliced garlic and sauté, stirring for 5 minutes or until the onion is translucent and the capsicum has softened.
- 2. Add the paprika and cumin and continue to stir for a further 1 minute or until the spices are toasted and fragrant.
- 3. Stir through the crushed tomatoes, season to taste and bring to a simmer.
- Reduce the heat to low then using the back of a spoon, create four wells in the mixture for your eggs. Crack an egg into each well, cover the pan with a lid and allow to cook for 5 minutes or until the eggs have cooked to your liking.
- 5. Garnish the dish with chopped coriander or parsley and serve at the table with grilled flatbreads. Enjoy!

