



Shakshuka Recipe (Eggs in a spicy tomato sauce) Serves 2

Ingredients

- | | |
|--|---|
| <input type="checkbox"/> 1 tbsp olive oil | <input type="checkbox"/> 2 Garlic cloves (chopped) |
| <input type="checkbox"/> 2 Eggs | <input type="checkbox"/> 1 tbsp Cumin powder |
| <input type="checkbox"/> 4 Tomatoes (chopped) | <input type="checkbox"/> 1 tbsp Paprika |
| <input type="checkbox"/> 1/2 Red capsicum (chopped) | <input type="checkbox"/> Salt to taste |
| <input type="checkbox"/> 2 dry/Fresh chilies (chopped) | <input type="checkbox"/> Pepper to taste |
| <input type="checkbox"/> 1 tsp Tomato paste | <input type="checkbox"/> 1 tbsp Dhania (cilantro) - (chopped) |
| <input type="checkbox"/> 1 medium Onion (chopped) | |

* *Optional Extra table spoon of olive oil to drizzle at the end*

* To make it a filling portion for two Add 2 more eggs.

Method

1. Heat oil in a pan
2. Fry onions until soft
3. Add garlic fry until fragrant
4. Add the tomatoes fry briefly for about two minutes
5. Then add the capsicums stir & fry for another minute
6. Add dry chili, tomato paste stir well
7. Add the spices paprika, cumin powder stir well
8. Add Salt, black pepper, cook 5 minutes until tomatoes are soft
9. Create holes in the sauce to gently pour in your eggs & season them with salt black pepper
10. Cook on low heat covered with a lid or openly bake in the oven for 10 min, or until the eggs are done to your liking.
11. Finish sprinkled with dhania and a drizzle of olive oil.

serve with **Chapati/nan/roti or plain old bread ☺*