

Simple Shakshuka

This one-pan wonder is a great breakfast or brunch option to spice things up. Play around with the spices, add a tablespoon of Harissa paste for extra flavour, and as always, swap in your favourite veggies.

INGREDIENTS

1 tbsp vegetable oil
4 eggs
1 onion, diced
2 cloves of garlic, minced
1 bell pepper, diced
1 400g tin chopped tomatoes
2 tsp paprika
1 tsp cumin
1 tsp chilli powder (optional)
2 handfuls spinach
Handful of fresh coriander or parsley, finely chopped
Pinch of salt
Black pepper

NOTES

Try serving with sliced avocado or top with flaked almonds and crumbled vegetarian feta.



Serves 2



Cost per serving: £1.25



Time to make: 30 mins



METHOD

1. Add vegetable oil to a wide-based pan and once hot, add onion and cook until translucent (around 5-8 mins).
2. Add garlic, bell pepper and spices and cook for another 2 minutes.
3. Add chopped tomatoes and bring to a boil. Reduce heat and simmer for 5-10 minutes until starting to reduce.
4. Add in the spinach and allow it to wilt.
5. Using the back of a big spoon, make 4 wells in the sauce and crack the eggs into each well.
6. Cover and cook for 5-8 minutes or until eggs are done to your liking.
7. Season to taste and garnish with fresh coriander or parsley before serving.