

Shakshuka with Warm Crusty Bread

Some say sleep is like a time machine to breakfast, but you don't need to wait until tomorrow morning because breakfast starts tonight! This protein packed Shakshuka is enjoyed for every meal the world over; from Tunisia to Israel to Turkey and beyond.



Prep: 10 mins Cook: 30 mins Total: 40 mins





high protein



one pan wonder

Pantry Items









Red Onion





Garlic



Smoked Paprika



Red Capsicum



Parsley



Diced Tomatoes



Baby Spinach





Fetta Cheese



Bake-At-Home Sourdough Rolls

2P	4P	Ingredients	
2 tsp	1 tbs	olive oil *	
1/2	1	red onion, finely sliced	#
1 clove	2 cloves	garlic, peeled & crushed	#
2 tsp	4 tsp	smoked paprika	
1	2	red capsicum, cut into 2 cm pieces	
1 tin	2 tins	diced tomatoes	
1/4 cup	½ cup	hot water *	
1 tsp	2 tsp	brown sugar *	
½ bunch	1 bunch	parlsey, finely chopped	
½ bag	1 bag	baby spinach, washed	#
4	8	eggs	#
1 block	2 blocks	fetta cheese, crumbled	
2	4	bake-at-home sourdough rolls	

Ingredient features in another recipe

* Pantry Items

Pre-preparation

Nutrition per serve

Energy	2190	Kj			
Protein	33	g			
Fat, total	24.7	g			
-saturated	8.4	g			
Carbohydrate	36.9	g			
-sugars	14.6	g			
Sodium	765	mg			



You will need: chef's knife, chopping board, garlic crusher, wooden spoon, medium ovenproof frying pan or large baking dish.

Preheat oven to 200°C/180°C fan forced.



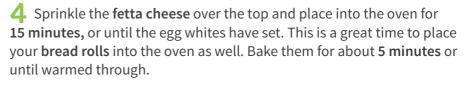
2 In a medium ovenproof pan add the olive oil and heat over a medium-high heat. Add the red onion and cook for 3-4 minutes until soft. Add the garlic, smoked paprika and red capsicum, then cook for 5 minutes, stirring regularly. Add the diced tomatoes, hot water, brown sugar and half the parsley and bring to the boil. Reduce the heat and simmer for 5 minutes. Stir through the baby spinach and cook for a further 2 minutes. Season to taste with salt and pepper. Remove the pan from the heat.

Tip: If you don't have an ovenproof frying pan, transfer the mixture to a large baking dish.



3 With a spoon make a little well in the sauce and crack one of the **eggs** into the well, repeat until you have added all of the eggs.

Tip: Crack each egg into a mug or small bowl individually and then gently pour into the sauce, this ensures any shells or bad eggs are kept separate from the sauce.



5 Sprinkle with the remaining parsley and serve with the warm bread rolls.



Did you know? Shakshuka is thought to have a Tunisian origin, and its name translates to "a mixture".