

# SHAKSHUKA

**Suitable for a healthy vegetarian family breakfast.**

Shakshuka is a simple, healthy vegetarian breakfast derived from North Africa and the Middle East. Shakshuka literally means “a mixture”, it is a traditional dish made of pouched eggs in a tasty thick tomato and onion sauce with various spices. This recipe was created by “An Earthern Life”.



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Prep time: 10 minutes  
Cook time: 20 minutes  
Serves 4-6 people

## INGREDIENTS

2 tablespoons of olive oil  
1 onion, chopped  
1 large red pepper, diced 1 cm cubes  
¼ teaspoon of salt  
3 cloves of garlic  
2 tablespoons of tomato paste  
1 teaspoon of ground cumin  
½ teaspoon of smoked paprika  
¼ teaspoon of chilli flakes  
1 tin chopped tomatoes  
2 tablespoons of chopped coriander/basil  
Freshly ground black pepper, to taste  
5 to 6 large eggs  
½ cup of crumbled feta

## INSTRUCTIONS:

1. Dice the onions and peppers and sauté on medium heat with olive oil in a large pan for 5 minutes, add some salt for flavour. Keep stirring often, until the onions are tender and turning translucent.
2. Add the garlic, tomato paste, cumin, paprika, and chili flakes. Stirring constantly for 5 minutes, until nice and fragrant.
3. Pour in the tin of chopped tomatoes with their juices and add the herbs. Stir, and let the mixture come to a simmer. Reduce the heat as necessary to maintain a gentle simmer for 5 minutes to give the flavours time to meld.
4. Use a spatula to make little wells and crack the egg into them.
5. Gently spoon a bit of the tomato mixture over the whites to help contain the egg.
6. Sprinkle a little salt and pepper over the eggs and the crumbled feta.
7. Cover with a lid and simmer for 5 minutes until your eggs are done to your liking alternatively you want cooked egg white and soft yolk.

## MEGAMASTER RECIPE TIPS



TIP 01

You can replace the feta with goat's cheese and adapt it to your taste.



TIP 02

Change it up and eat with sliced avo and pita bread.



TIP 03

The more fresh herbs the better - Add chopped basil and cilantro for extra taste.