



Peppery Shakshuka



A tasty recipe for peppery Shakshuka. 4 servings

INGREDIENTS:

2 tbsp sunflower oil

2 medium size onions, thinly sliced

2 garlic cloves, finely chopped

1 green pepper, thinly sliced

1 red pepper, thinly sliced

1 tbsp harissa paste

1 tbsp cumin powder

1 tsp salt

½ tsp chilli powder

1 tsp paprika

2 x 400 g tinned chopped

tomatoes

1 tsp honey

4 eggs

ALLERGENS HIGHLIGHTED IN BOLD

PREPARATION:

In a pan heat the oil and add the onions. Cook for 5 mins on low to medium heat until softened and then add the garlic. Cook for another minute then add the peppers. Cover and cook for 15 minutes on low heat.

Now add the harissa, cumin, salt, chilli, paprika and the tomatoes and mix well. Cover and cook for a further 30 minutes on low heat.

Then add the honey and mix well. With the back of a spoon make 4 small spaces in the tomato mix and break the eggs into those spaces. Cover and cook for 5-6 minutes until the egg whites have cooked and the yolk is still runny.

Serve it hot with some buttered toast.

Vegan alternative: Replace honey with sugar and eggs with thinly sliced potatoes.