

# SHAKSHUKA



Serves 1 | Prep time: 10 mins

Cook time: 20 mins

## INGREDIENTS

1 tbsp extra virgin olive oil

½ brown onion, diced

1 garlic clove, finely chopped

1 large chilli, finely sliced (optional)

½ red capsicum, diced

1 tsp paprika

½ tsp cumin

400g tinned tomatoes

1 tbsp tomato paste

2 eggs

1 tbsp. fresh parsley, roughly chopped

Season to taste

## METHOD

1. Heat oil in a large pan over medium-high heat.
2. Add onion, garlic and chilli and cook for 2-3 minutes or until the onion becomes soft and translucent.
3. Add red capsicum and cook for a further 2 minutes.
4. Stir through spices and combine well.
5. Reduce heat and add tinned tomatoes and tomato paste. Simmer for 15 minutes until the sauce becomes thick.
6. Make small wells in the sauce and add the eggs into each well. Cover the pan and cook for 6-8 minutes or until eggs are cooked to your liking.
7. Sprinkle parsley on top before serving.

Serve with crunchy bread.



THE NUTRITION GUY



## NUTRITION TIP

Cooking with spices adds plenty of flavour and loads of nutritional properties that help to reduce inflammation in the body. Spices also reduce the need to flavour food with salt. It's a winning formula!