

Shakshuka

Serves: 4

Prep time: 10 minutes

Cook time: 35 minutes

 2 ½ serves per portion

Ingredients

2 tablespoons olive oil
1 large onion, thinly sliced
3 red capsicums, diced
3 cloves garlic, finely chopped
1 ½ teaspoons ground cumin
1 teaspoon fresh oregano
½ cup canned kidney beans or chickpeas, drained and rinsed
1-2 teaspoons harissa or chilli paste
6 very ripe roma tomatoes, roughly chopped
4 eggs
½ cup flat leaf parsley, roughly chopped

Method

HEAT oil in frypan over medium heat and sauté the onion until it is transparent.
ADD capsicum, garlic, cumin and oregano to pan. Cook for 5 minutes.
ADD the beans, harissa and tomatoes and continue to cook for another 20 minutes. Place a lid on the pan if the mixture evaporates too much liquid.
MAKE 4 indentations in the mixture with the back of a spoon and break an egg in each space.
COOK gently for about 10 minutes until the whites are set but yolks are still soft.
SPRINKLE fresh parsley over the top and serve immediately with crusty bread.



Everyday Food

Recipe courtesy of Alison Alexander, Moggill Branch