

Shakshuka

Mediterranean · Breakfast · Easy · 30 min total · Serves 4

Eggs poached in fragrant spiced tomato-pepper sauce — a North African and Mediterranean breakfast classic.

Ingredients

- 6 large eggs
- 28 oz canned tomatoes (crushed)
- 1 bell pepper (diced)
- 1 medium onion (diced)
- 3 cloves garlic (minced)
- 1 tsp cumin (ground)
- 1 tsp paprika
- 0.25 tsp cayenne pepper
- 2 tbsp olive oil
- 0.25 cup feta cheese (crumbled optional)
- 2 tbsp fresh parsley (chopped)
- 4 slices crusty bread (for serving)

Method

1. Heat oil. Sauté onion and bell pepper until soft, 5 min.
2. Add garlic, cumin, paprika, cayenne. Cook 1 min.
3. Add tomatoes, season. Simmer 10 min until thick.
4. Make 6 wells. Crack egg into each. Cover, cook on low 6-8 min until whites set.
5. Sprinkle with feta and parsley. Serve with bread.

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