

Allergens*:



Eggs



Milk



Gluten

Vegetarian 

Shakshuka

Recipe
total cost
£4.79

See
ingredients
and cooking
method
overleaf...



Serves 4

Shakshuka is a simple combination of simmering tomatoes, onions, garlic, spices and gently poached eggs. It's nourishing and filling.



Equipment

- Sharp knife
- Chopping board
- Frying pan
- Lid for frying pan
- Wooden spatula



* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

Shakshuka



Ingredients:

- 8 medium eggs
- 4 tbsp tomato puree
- ½ teaspoon oil
- 1 bell pepper (red, yellow or green)
- 1 onion
- 1 garlic clove
- Handful of cherry tomatoes
- 200ml water
- ½ teaspoon of each- garlic granules, smoked paprika, paprika, mixed herbs
- Chilli flakes, salt and pepper to taste.
- 120g reduced fat cheddar cheese
- 4 slices of wholemeal bread
- Bunch of parsley (optional)



Method:

1. Roughly chop onions and peppers.
2. Fry onions in oil until softened, (3 minutes)
3. Slice the garlic into small pieces, then add garlic and bell peppers of any colour to the pan. Cook for a further 5 minutes
4. Add cherry tomatoes and spices and fry for 2 minutes.
5. Add water and let boil.
6. Crack in the eggs, discarding the shells. Place a lid over the top to let the eggs cook. You can add cheese at this point too! Leave for 4 minutes until the eggs are cooked but still runny.
7. Top with parsley if desired and serve with a slice of wholemeal bread.