



SHAKSHUKA



PREP TIME

35 minutes



RECIPE INFO

Serves four

INGREDIENTS

1 tbsp. vegetable oil
one medium onion, diced
one red bell pepper, diced
three garlic cloves, minced
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. paprika

1 tsp. harissa seasoning
1 tsp. cumin seeds
¼ tsp. cayenne, or to taste
One 28 oz. can of crushed tomatoes
one roasted red pepper, diced
¼ cup water
one bunch mint, chopped

four eggs
Juice of half a lime
½ cup crumbled feta
one bunch cilantro, chopped
2 tsp. salt
¼ tsp. ground black pepper
one 15.5 oz. can of chickpeas, drained and rinsed

DIRECTIONS

Heat oil in a skillet on medium heat. Cook onion and bell pepper for five minutes or until slightly softened. Add garlic and spices through cayenne pepper. Cook for another minute or until fragrant. Add tomatoes, roasted pepper and water to onion mixture. Let simmer for about 10 minutes. Reserve a tablespoon each of the mint and cilantro for garnish. Add the rest of the mint and cilantro, salt, pepper and chickpeas to the tomato sauce. After the sauce starts to simmer, poach the eggs in the sauce for eight to 12 minutes or until the desired doneness is reached. Top with feta, the reserved mint and cilantro and the lime juice. Optionally serve with rice, pita bread or avocado slices.