

SHAKSHUKA



QUICK



HEALTHY

Cooked tomatoes are a rich source of lycopene, an antioxidant that maintains the strength of cell membranes - vital in the prevention of many diseases.

FAMILY



MEALS

A quick, easy lunch, brunch or breakfast

INGREDIENTS

- 2 x 400g tin tomatoes
- 1 large onion
- 2 garlic cloves
- 4 eggs
- 1 pepper
- 1 aubergine (optional)
- 2 large handfuls of herbs e.g. basil / coriander/ parsley
- ½ tsp chilli powder or smoked paprika
- 2 tbs oil
- Optional – feta cheese sprinkled over the top

METHOD

1. Heat 2 tbs oil in a large frying pan* till it's HOT
2. Cube your aubergine and add to the hot oil
3. Chop your onion and add
4. Mince the garlic and add
5. Chop your pepper and add
6. Fry the onion, aubergine and pepper till light brown - whilst you
7.chop your herbs (leaving a small handful) and add
8. Add ½ tsp chilli powder or smoked paprika
9. Add 2 tins chopped tomatoes
10. Cook for 1 minute
11. Make a hollow for the eggs, crack them in. Cover with a lid and cook for 3 minutes
12. Sprinkle with the remaining herbs and serve in the pan... on a heatproof mat!



*If you don't use aubergine – you only need 1 tbs oil



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com