

SHAKSHUKA



QUICK



15-20 mins

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



Feeds 2

MEALS

A quick, easy lunch, brunch or breakfast

INGREDIENTS

- 2 x 400g tin tomatoes
- 1 large onion
- 2 garlic cloves
- 4 eggs
- 1 red or yellow pepper
- 1 aubergine (optional)
- 20g fresh parsley
- ½ tsp smoked paprika
- 2 tbs oil
- Optional – feta cheese sprinkled over the top

METHOD

- 1) Cube your aubergine
- 2) Heat 2 tbs oil in a large frying pan* till it's HOT
- 3) Add aubergine to the hot oil
- 4) Slice your onion and add. Mix and turn down the heat to medium
- 5) Slice your pepper and add...mix
- 6) Peel & mince the garlic and add...mix
- 7) Fry vegetables till light brown - whilst you ...
- 8)chop the parsley (leaving a small handful) and add
- 9) Add ½ tsp smoked paprika
- 10) Add 2 tins chopped tomatoes
- 11) Cook for 10-15 minutes (if you have time)
- 12) Make a hollow for the eggs, crack them in. Cover with a lid and cook for 3 minutes
- 13) 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

