

SHAKSHUKA RECIPE

(Middle Eastern Tomato Stew With Eggs)

Prep Time: 10 mins Cooking Time: 20 mins Serves: 6

Category: Breakfast Cuisine: Middle Eastern



INGREDIENTS

Olive Oil

1 large yellow
onion, chopped

2 green peppers,
chopped

2 garlic cloves,
peeled, chopped

1 tsp ground
coriander

1 tsp sweet paprika

1/2 tsp ground
cumin

Pinch red pepper
flakes (optional)

Salt and pepper

6 Vine-ripe
tomatoes, chopped

1 tsp tomato puree

6 large eggs

1/4 cup chopped
fresh parsley leaves

1/4 cup chopped
fresh mint leaves

Feta cheese as per
taste

INSTRUCTIONS

1. Heat 3 tbsp olive oil in a large cast iron skillet. Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring frequently, until the vegetables have softened, about 10 minutes.
2. Add the tomatoes and tomato puree. Simmer until the tomato mixture begins to reduce, about 10-12 minutes. Taste and adjust the seasoning to your liking.
3. Using a wooden spoon, make 6 indentations, or "wells," in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
4. Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
5. Uncover and add the fresh parsley, mint and feta cheese. You can add more black pepper or crushed red pepper, if you like. Serve with warm pita, challah bread, or your choice of crusty bread.