

Microwave Shakshuka



Serves 1 Prep 5 mins

Cooking 5 mins

Easy

Ingredients

1 tbsp olive oil
200ml passata or canned tomatoes, whizzed to a paste
1 heaped tbsp red pepper salsa or $\frac{1}{4}$ - $\frac{1}{2}$ red pepper, chopped
2 medium eggs
1 tbsp chopped parsley
pitta bread, to serve

1. Brush a microwave bowl or dish with a little of the oil. Stir the passata, and salsa or red pepper together and season well. Tip into the bowl and make a dip in the centre. Break in the eggs, then prick the yolk with the tip of a sharp knife.
2. Cover the bowl with its lid or cling film. Microwave on high for 1 min, and then in 20 sec bursts until the white is set. Scatter over the parsley and serve with the warmed pitta.