

Shakshuka



Serves 3-4 Prep 10 mins Cooking 30 mins Easy

Ingredients

1/2 tbsp olive oil
1 shallot, finely chopped
1 small red pepper, finely chopped
2 cups ripe diced tomatoes, or 1 cans (14 oz.) diced tomatoes
1 tbsp tomato paste
1/2 tsp cumin
2 tsp paprika
Pinch of sugar (optional, to taste)
Salt and pepper to taste
4 eggs
1/2 tbsp fresh chopped parsley (optional, for garnish)

1. Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften. Continue to sauté till mixture is fragrant.
2. Add the sweet pepper, sauté for 5-7 minutes over medium until softened.
3. Add tomatoes and tomato paste to pan, stir till blended. Add spices and sugar, stir well, and allow mixture to simmer over medium heat for 5-7 minutes till it starts to reduce. At this point, you can taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more paprika.
4. Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. The eggs will cook "over easy" style on top of the tomato sauce. Some people prefer their shakshuka eggs more runny. If this is your preference, let the sauce reduce for a few minutes before cracking the eggs on top-- then, cover the pan and cook the eggs to taste.
5. Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.
6. Garnish with the chopped parsley, if desired. Shakshuka can be eaten for breakfast, lunch, or dinner. For breakfast, serve with warm crusty bread or pitta that can be dipped into the sauce. For dinner, serve with a green side salad for a light, easy meal.