



SHAKSHUKA EGGS

Poached Eggs in Tomato Sauce



Shakshuka is a traditional North African and Middle Eastern dish that has gained popularity worldwide for its rich flavors and versatility. It consists of poached eggs nestled in a spicy tomato sauce, perfect for breakfast, brunch, or even dinner. Here's how you can make this delightful dish at home.

Ingredients

- **2 tablespoons** olive oil
- **1 medium onion**, diced
- **1 red capsicum (bell pepper)**, diced
- **4 cloves** garlic, finely chopped
- **2 teaspoons** paprika
- **1 teaspoon** ground cumin
- **¼ teaspoon** chili powder
- **400g can** whole peeled tomatoes
- **4 large eggs**
- **Salt and pepper** to taste
- **Small bunch** each of fresh coriander and parsley, chopped

Instructions

1. **Sauté Vegetables:** Heat the olive oil in a large pan over medium heat. Add the diced capsicum and onion. Sauté for about 5 minutes, or until the vegetables are soft and translucent.
2. **Add Garlic and Spices:** Stir in the garlic, paprika, cumin, and chili powder. Cook for another minute until the mixture is fragrant.
3. **Prepare Tomato Sauce:** Pour in the canned tomatoes along with their juices. Using a spatula, break up the tomatoes into smaller pieces. Season the sauce with salt and pepper, then let it simmer for 10–15 minutes until it thickens.
4. **Poach the Eggs:** Make small wells in the sauce using a spoon. Crack an egg into each well. Reduce the heat to low, cover the pan, and cook for 5–8 minutes, or until the eggs are just set but the yolks remain runny. If you prefer firmer yolks, cook a little longer.

5. **Garnish and Serve:** Sprinkle the chopped coriander and parsley over the dish. Serve immediately with crusty bread or pita for dipping.

Highlights

- **Customization Options:** You can personalize your shakshuka by adding crumbled feta cheese, fresh spinach, or a touch of harissa for added warmth and depth.
- **Versatile Meal:** Shakshuka is not limited to breakfast or brunch; it's a satisfying meal any time of the day.

Enjoy crafting this vibrant and flavorful dish that's sure to be a hit at your table!