

SHAKSHUKA (POACHED EGGS IN SPICED TOMATO SAUTE)

Delicious, earthy tomato saute with soft poached eggs. Serve with plenty of flatbread for dipping.

 10 minutes 1 hour 6 portions

INGREDIENTS

- 1/4 cup olive oil [54 g]
- 1 large onion, chopped [150 g]
- 4 cloves garlic, smashed and roughly chopped [12 g]
- 1 red bell pepper, seeded and chopped [119 g]
- 1 jalapeno pepper, chopped [seeded if you don't want the extra heat] [14 g]
- 1 tsp ground turmeric [3 g]
- 1 tsp ground cumin [2 g]
- 1 tsp Kosher salt [6 g]
- 1 tsp chili powder [3 g]
- 1 tsp freshly ground black pepper [2 g]
- 2 28oz cans whole tomatoes, or 6 cups fresh tomatoes [skins removed] [1452 g]
- 1 tbsp tomato paste [16 g]
- 6 large eggs [300 g]
- 1/2 cup cilantro leaves, roughly chopped [8 g]

COOKING METHOD

- 1° Preheat a large, wide-bottom saucepan over medium heat. Add the olive oil first, then add the onions, garlic, peppers (red and jalapeno), turmeric, cumin, salt, chili powder, and pepper. Saute, uncovered over medium heat until onions and vegetables are soft and translucent, about 10-15 minutes.
- 2° Turn the heat down to medium-low. Add the tomatoes and tomato paste, stir to combine, cover and simmer for 15 minutes, or until thickened and reduced slightly.
- 3° After 15 minutes, uncover and smash the tomatoes with a potato masher or flat spatula until tomatoes are crushed, but some texture still remains.
- 4° Once the tomatoes are crushed, turn the heat back up to medium, and gently make six divots in the sauce (not deep enough to see the bottom of the pot).
- 5° Crack an egg in to each of the six divots. Cover and gently cook until white is opaque, but yolk is still runny (about 5 minutes, depending on preference).
- 6° Sprinkle with chopped cilantro, and serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (357 g)	% DRI
ENERGY	71 kcal	255 kcal	13 %
FAT	4 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	52 mg	186 mg	62 %
SODIUM	260 mg	927 mg	39 %
CARBOHYDRATE	7 g	24 g	8 %
SUGARS	4 g	13 g	—
FIBER	2 g	6 g	24 %
PROTEIN	3 g	11 g	—