

Shakshuka



The eggs are gently poached in the simmering spicy sauce and the addition of potatoes adds some satisfying bulk to soak up all the rich flavours in this delicious Middle-Eastern influenced dish.



Skill level:
Simple



Preparation time:
5 minutes



Serves:
4



Cooking time:
45 minutes (20 minutes less using ready cooked potatoes)

Ingredients

- 450g New/Baby potatoes
- 1 tbsp olive oil
- 1 large onion, sliced
- 1 green pepper, sliced
- 1 yellow pepper, sliced
- 1 red pepper, sliced
- 1 large onion, thinly sliced
- 4-5 garlic cloves, crushed
- 1 tsp paprika
- 1 tsp chilli flakes
- 1 tsp ground cumin
- 400g tin chopped tomatoes
- 4 eggs
- Sea salt & black pepper
- A handful of chopped parsley

You will also need

- 1 large skillet / sauté pan with a lid

Method

- Boil or steam the potatoes for 15-20 minutes, until they are tender. Drain. Cut any large ones in half.
- In a large sauté pan, fry the peppers and onions in the oil for 7-8 minutes on a medium heat.
- Add the garlic and spices and cook for a further 1-2 minutes.
- Stir in the tinned tomatoes, season and cook until everything is bubbling nicely. Add the cooked potatoes to the pan and simmer gently for 5 minutes, until they are heated through.
- Crack the eggs on top. Cover with a lid and cook for a further 12-15 minutes on a slightly lower heat until the eggs are cooked.
- Sprinkle over with chopped parsley before serving.