

Shakshouka

Perfect for breakfast or any meal of the day, this dish is made with simple ingredients and is a fun twist on eggs.



Vegetarian



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
4

Ingredients

- 1 yellow onion, diced
- 1 bell pepper, diced
- 4 cloves of garlic, minced
- 796 mL (28 oz) can of no salt added diced tomatoes
- 5 mL (1 tsp) cumin
- 10 mL (2 tsp) paprika
- 2.5 mL (½ tsp) ground coriander
- 1.25 mL (¼ tsp) red pepper flakes
- 4 eggs

Directions

1. Preheat the oven to 190 °C (375 °F).
2. Lightly coat a large oven-safe skillet with cooking spray or oil and heat over medium-high heat. Add diced onions and cook for 3 minutes, stirring frequently. Add bell pepper and garlic and continue to cook for 2 minutes.
3. Add canned tomatoes and all of the spices to the skillet and bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes.
4. In a small bowl, crack one egg. Using a small spoon, move the simmering tomato mixture to create a small hole for the egg. Pour the egg into the hole. Repeat until all eggs are in the skillet.
5. Turn off the heat and move the skillet from the stovetop to the preheated oven. Cook for 10-15 minutes until eggs are set but still jiggle in the centre when you move the skillet. They will continue to cook once removed from the oven.
6. Remove the skillet from the oven. Add a handful of chopped parsley, if desired, and serve.

Tips

- ✓ Want more protein? **Add a 540mL can of chickpeas**, drained and rinsed, to the simmering sauce.
- ✓ **In a hurry?** Instead of cooking the shakshouka in the oven, simply cover the skillet and cook it on the stove over medium-low heat for 10 minutes. Just keep an eye on the eggs, so they don't overcook.
- ✓ If you don't have bell peppers, **experiment with other vegetables that you like**. Try chopped broccoli or spinach.
- ✓ Serve this dish with a slice of whole grain toast to **soak up the extra sauce**.



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