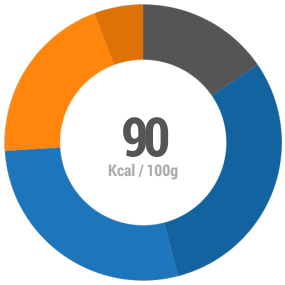
Shakshuka

Traditional North African dish, baked free range eggs, slow cooked spicy tomato & pepper sauce, grilled sourdough bread

By Mark Irish

Overview ...





CALORIES:

58.6% Carbs

15.4% Protein

26% Fat

Food Labelling...

Serves **1**

CONTAINS:

WHEAT, RYE | EGGS | SULPHITES

OTHER PROPERTIES:

VEGETARIAN

Recipe Ingredients ...	Quantity:	Description:
16392 18 British Free Range Fresh Medium Eggs -	111g	2x Each
13007 Red Peppers -	200g	
10469 Cooking Onions -	200g	
13120 Peeled Garlic -	10g	
33585 Paprika -	3g	
113113 Spicentice Harissa Rub -	3g	
34002 Ground Cumin -	3g	
115043 Maggi Rich & Rustic Tomato Sauce 800g -	250g	
113881 Herb Bunched Flat Leaf Parsley -	2g	
113885 Herb Bunched Coriander -	2g	
113099 La Boulangerie Artisan Plain Sourdough Loaves -	100g	
2032 White Wine Vinegar -	30ml	
114961 Tate & Lyle Granulated Cane Sugar 1kg -	25g	
87468 Non-Stick Fry, Cook & Bake Spray	4.1g	(auto-calculated)

Products / Pack Sizes ...

1 Serving



Product code

Barcode

943g / 873kcal

1

Cooking Instructions & Notes

Preparation:

Chop the peppers, onions & garlic

Pick the parsley and coriander leaves

Defrost the bread and slice

Method:

1. Add some olive oil to a pan and sauté the peppers, onions and garlic for 3-4 mins or until soft
2. Add paprika, harissa and cumin, cook out for 2 mins
3. Add tomatoes, sugar and vinegar and simmer for 8-10 mins - season to taste
4. Remove from the heat and allow to cool
5. Pour the Shakshuka sauce into your choice of cooking/ serving dish or pan
6. Using the back of a large spoon, make 2 dips in the sauce
7. Crack the eggs into each one of the dips
8. Cook over a low heat for a couple of minutes
9. Place the dish into an oven and continue to cook for 3-5 mins ensuring the yolks are still runny
10. Remove from oven and scatter over the coriander and parsley
11. Serve with toasted crusty sourdough bread for dunking