



Tasty shakshuka

Ingredients

- 1 tbsp cold-pressed rapeseed oil (or olive oil)
- 1 red onion, cut into thin wedges
- 1 red pepper, finely sliced
- 1 yellow pepper, finely sliced
- 3 large garlic cloves, crushed
- 1 tsp cumin seeds
- 1 tsp coriander seeds, crushed
- 1 heaped tsp sweet smoked paprika
- 400g can cherry tomatoes
- 115g baby spinach
- 100ml water
- 4 medium eggs
- ½ small bunch fresh coriander, roughly chopped
- ½ small bunch fresh dill, roughly chopped
- Salt and pepper, to taste

Instructions

Step 1 – Sauté the Veg

Heat the oil in a large non-stick frying pan over medium heat. Add the onion and sliced peppers, and cook for 8–10 minutes until starting to soften.

Step 2 – Add Aromatics

Stir in the garlic, cumin seeds, crushed coriander seeds, and paprika. Cook for 1 more minute until fragrant.

Step 3 – Simmer the Sauce

Pour in the canned cherry tomatoes, spinach, and water. Stir and bring to a bubble, then reduce the heat. Simmer uncovered for 10 minutes until the spinach has wilted and the sauce thickens slightly. Season to taste.

Step 4 – Cook the Eggs

Make four wells in the tomato mixture and carefully crack an egg into each. Cover the pan with a lid or foil and cook over low heat for 8–10 minutes, or until the eggs are just set.

Step 5 – Finish & Serve

Uncover the pan, sprinkle over the chopped coriander and dill, and serve hot—straight from the skillet.

