



RICH TOMATO SHAKSHUKA

RECIPE BY: GEMMA OBERHOLZER



VEGETARIAN

DIFFICULTY: INTERMEDIATE

TIME: 35 MINUTES

SERVES: 6

Eggs are a nutritional powerhouse, while tomatoes are rich in the antioxidant lycopene.

METHOD

Preheat the oven to 190C. Warm oil in a large, oven-safe skillet (preferably stainless steel) over medium heat. Add onion, bell pepper and salt. Cook, stirring often, until tender and turning translucent (4 to 6 mins). Add garlic, tomato paste, cumin, paprika and red pepper flakes. Cook for 1-2 mins, stirring constantly, until fragrant. Pour in crushed tomatoes with juices and add cilantro. Stir and let come to a simmer. Reduce heat and gently simmer for 5 mins. Turn off heat, taste, and add salt and pepper as necessary. Use the back of a spoon to make a well near the perimeter and crack the egg directly into it. Gently spoon a bit of the tomato mixture over the whites to help contain the egg. Repeat with remaining 4 to 5 eggs. Sprinkle a little salt and pepper over eggs. Carefully transfer skillet to oven (it's heavy) and bake for 8 to 12 mins. They're done when the egg whites are an opaque white and the yolks have risen a bit but are still soft. Using oven mitts (both hands!), transfer the hot skillet to a heat-safe surface like the stove. Top with the crumbled feta, fresh cilantro leaves, and more red pepper flakes, if desired. Serve in bowls with crusty bread on the side.

INGREDIENTS

- 2 Tbsp olive oil
- 1 large onion + red bell pepper, chopped
- 2-3 tsp minced garlic
- 2 Tbsp tomato paste
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp red pepper flakes (optional)
- 1-2 cans crushed tomatoes
- 2 Tbsp chopped fresh cilantro or parsley
- Salt and pepper to taste
- 5 to 6 large eggs
- ½ cup crumbled feta