



Baked Shakshuka



1 serving



20 mins

INGREDIENTS

2 large eggs
roasted red peppers
tin tomatoes
spinach
red onion
garlic
baharat spice mix
Ras el hanout spice mix
coriander

NOTES

You will also need an oven proof pan

If you want to add more protein add some chickpeas to the dish and serve with yoghurt

317 cals 24g protein

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DIRECTIONS

1. preheat the oven to 180°C.
2. Slice the onion and garlic finely and add to a hot pan with a drizzle of oil.
3. Once softened add 1 tablespoon baharat spice mix and 2 teaspoons of Ras El Hanout. Once fragrant add the tin of tomatoes and simmer for 5 minutes. If adding chickpeas add them at this point and season with salt and pepper.
4. Add the spinach and once it has wilted make some dips in the mixture with the back of a large spoon.
5. crack the eggs in to the dips and then cook in the oven covered for 10-12 minutes until the egg whites are firm.
6. Top with the chopped coriander and serve.
7. If serving with greek yoghurt season with salt and pepper and stir through some Ras El Hanout.
8. the Shakshuka can be served with sour dough or rye bread.