

Shakshuka

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Serves 4

Originally from North Africa, shakshuka is a popular breakfast food throughout the Middle East. This recipe is simple and satisfying, featuring eggs poached in a harissa-spiced tomato sauce. Serve it with power green and/or brown rice for breakfast, brunch, or dinner!

Ingredients

- 2 tablespoons extra-virgin olive or grapeseed or avocado oil
- 1 cup chopped yellow onion
- 1 red bell pepper, seeded and diced
- ¼ teaspoon sea salt, more to taste
- Freshly ground black pepper
- 3 medium garlic cloves, minced
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- Pinch of cayenne pepper, optional
- 1 28-ounce can crushed tomatoes
- 2 tablespoons harissa paste*, see note
- 4 to 6 eggs
- ⅓ cup crumbled feta cheese
- ¼ cup fresh parsley leaves



Instructions

- Heat the oil over medium heat in a 12-inch lidded stainless steel or enamel-coated cast-iron skillet. Add the onion, red pepper, salt, and several grinds of fresh pepper and cook until the onion is soft and translucent, 6 to 8 minutes.
- Reduce the heat to medium-low and add the garlic, paprika, cumin, and cayenne, if using. Stir and let cook for about 30 seconds, then add the tomatoes and harissa paste. Simmer for 15 minutes until the sauce is thickened.
- Make 4 to 6 wells in the sauce and crack in the eggs. Cover quickly and cook on med-high heat until the eggs are set, 5 to 8 minutes. The timing depends on how runny you like your egg yolks.
- Season with salt and pepper to taste and sprinkle with the feta, parsley, and avocado, if using. Serve with wilted power greens and/or brown rice.

Notes

*If you're sensitive to spice use a mild harissa (like Mina Harissa Mild), for a spicier shakshuka, use hot harissa (like Trader Joe's Hot Harissa).

Optional Additions:

- Serve on a bed of wilted greens.
- Serve over brown rice.
- Top with avocado.
- Add chickpeas to the sauce to increase the protein and fiber content.

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