

Shakshuka

Recipe taken from BBC food

Serves: 2 Time: 20 mins



Here's a quick & easy recipe using basic household ingredients.

Ingredients

- 1 Tsb Oil
- 2 red onions, chopped and diced finely
- 1 chilli, deseed, (can use chilli flakes)
- 1 x garlic glove, peeled and finely chopped
- 2 x 400g Italian tomatoes
- 1 tsp sugar (optional)
- 4 eggs

Method

- 1) Heat oil in a frying pain and fry the onion garlic and chilli for around 5 minutes or until onions are fragrant
- 2) Stir in tinned tomatoes, add sugar and gentle simmer for 8 – 10 minutes
- 3) Using the back need of a spoon make 4 dips inti the sauce then crack an egg into each one. Plce a lid over the pan and cook on a low heat over for 6 – 8 minutes or until eggs are down to your liking

Estimated Nutritional information: 190 Calories, 9,8g fat, 15.2g Protein

10g carbohydrate, 0.4g Salt.

Extra tips:

Add extra vegetables to tomatoes mixture i.e. peppers, mushrooms aubergines.

Use fresh herbs and other spices to add extra flavour