



Healthy penne shakshuka (high protein)

15'
Hands on

8'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

- 2-3 tablespoon(s) olive oil
- 1 red bell pepper
- 1 clove(s) of garlic
- 1 pinch granulated sugar
- 1 tablespoon(s) cumin
- 1 teaspoon(s) cayenne pepper
- 400 g canned tomatoes
- 100 g water
- salt
- pepper
- 200 g penne, high protein
- 4 eggs
- 50 g gruyere cheese, grated

To serve

- 1 spring onion

Method

- Place a [frying pan](#) over high heat and add the olive oil.
- [Cut](#) the pepper into cubes, finely chop the garlic, and add them to the pan.
- Add the sugar, the cumin, the cayenne pepper, and mix.
- Deglaze the pan with the canned tomatoes, add the water, salt, pepper, and simmer over medium heat for 7-8 minutes.
- At the same time, add salt and the penne in a pot with boiling water, and boil according to the packet's instructions.
- Transfer the pasta to the pan with the sauce and keep boiling over low heat.
- Crack the eggs into the pan, add salt, pepper, the gruyere cheese, and cover with the lid. Simmer for 4-5 minutes until the eggs are cooked.
- Remove from the heat and serve with finely chopped spring onion.

Διατροφικός πίνακας

Nutrition information per portion

433 Calories (kcal)	20.0 Total Fat (g)	6.3 Saturated Fat (g)	40.0 Total Carbs (g)
22%	29%	32%	15%
7.8 Sugars (g)	20.0 Protein (g)	3.4 Fibre (g)	0.76 Sodium (g)
9%	40%	14%	13%