



Shakshuka

15'
Hands on

25'
Cook Time

2
Portion(s)

1
Difficulty



Ingredients

- 1 chili pepper
- 1 onion
- 1 clove(s) of garlic
- 20 g olive oil
- 1/2 teaspoon(s) cumin
- 1/2 teaspoon(s) paprika
- 400 g canned tomatoes
- 100 g water
- salt
- pepper
- 2 eggs, medium
- 1 tablespoon(s) parsley, finely chopped
- 1 tortilla, cut into triangles, to serve

Διατροφικός πίνακας

Nutrition information per portion

230 Calories (kcal)	12.0 Total Fat (g)	2.4 Saturated Fat (g)	14.0 Total Carbs (g)
12%	17%	12%	5%
13.0 Sugars (g)	11.0 Protein (g)	4.9 Fibre (g)	1.5 Sodium (g)
14%	22%	20%	25%

Method

- Cut the chili pepper into rounds and finely chop the onion and the garlic.
- Heat the olive oil in a [frying pan](#) over medium heat.
- Add the chili pepper, the onion, and sauté by mixing regularly until the onions are tender and golden, for about 5-8 minutes.
- Add the garlic, the cumin, the paprika, and cook by mixing regularly until the garlic is softened, for about 1 minute.
- Add the canned tomatoes, the water, lower the heat, and let them simmer by mixing regularly until the sauce slightly thickens, for about 15 minutes.
- Check the seasoning, and add salt and pepper.
- Break the eggs over the sauce.
- Cover the pan with the lid and simmer until the egg yolks are set, for about 5 minutes.
- Remove from the heat and sprinkle with the finely chopped parsley.
- Serve with the tortillas.