



Shakshuka

A wonderful breakfast/brunch dish that can really be eaten at any meal. The Israeli's lay claim to Shakshuka, but you will find it in most Middle East and North African countries. It is very versatile in that you can change or add whatever takes your fancy.

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 small green pepper, chopped in small cubes
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 1 teaspoon chilli flakes, or to taste
- 400g tin chopped tomatoes
- 1 tablespoon tomato paste
- Salt and freshly ground black pepper
- pinch of sugar
- 1 handful of baby spinach, roughly chopped
- 1 can of chickpeas, drained, I also like black eyed beans
- 50g cheese of your choice, crumbled
- 4 eggs
- fresh coriander to garnish
- crusty bread

Preheat oven to 200° C. Feeds 2.

Fry the onion and garlic in olive oil over a medium heat in a large skillet (or frying pan) until the onion softens and goes transparent. Add cubed pepper and sauté for a few minutes more, then add the cumin, paprika and chilli and stir.

Lower the heat to medium-low. Mix in the chopped tomatoes, tomato paste, salt, pepper and sugar. Add the spinach and chickpeas and let bubble gently for a few minutes. If you don't have a skillet, now transfer the mixture to an oven proof dish or pan.

Sprinkle with cheese crumbs. Make holes in the tomato mixture and carefully crack the eggs in the holes. Place the skillet/dish in the oven and bake until the eggs have settled.

Top with coriander and serve with freshly baked crusty bread .