

Quick Shakshuka



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 teaspoons ground cumin
- 800g canned chopped tomatoes
- 400g can brown lentils, drained and rinsed
- 8 eggs
- Salt and pepper to taste
- Chopped parsley to serve and flat bread to serve (optional)

Method

1. Heat oil in a large frying pan over medium high heat.
2. Add onion and cook for 3-4 minutes or until softened. Stir in cumin and cook a further 1 minute or until fragrant.
3. Add canned tomatoes and lentils. Mix well. Reduce heat and simmer for 15-20 minutes uncovered. Mixture should have thickened.
4. Push the tomato lentil mixture to the side to make 8 small holes. Crack eggs into each hole. Season with salt and pepper. Cook 7-8 minutes or until egg whites are set and yolks are still runny.
5. To serve, sprinkle over chopped parsley. Serve with flatbread.

Notes

Tips & Hints

- Substitute ground cumin with Moroccan seasoning mix.
- Top with crumbled feta or fresh herbs.