

Vegetarian Recipe (Contains eggs)¹

A variant of

Shakshuka

Compiled by Shravya Shenoy



Image taken from [Lisa Bryan](#)

Ready in ~ **35 minutes**

Prep time : 15 minutes,
Cook time : 20 minutes

Servings **4**

¹ You can also substitute eggs with stir-fried aubergine (eggplant) and/or mushrooms for a vegan version of the dish

tsp = teaspoon
tbsp = tablespoon

Ingredients

- 3 tablespoons olive oil
- 1 medium-sized onion, diced
- 1 red bell pepper, seeded and diced
- 3 garlic cloves, finely chopped
- 1 tsp paprika (*or to taste*)
- 1 tsp (ground) cumin
- ¼ tsp sugar
- 6-8 large tomatoes, peeled and chopped or canned peeled tomatoes
- 4 large (*biologische*) eggs
- Salt and freshly ground pepper, to taste
- ¼ tsp chili powder (*optional*)
- ¼ tsp turmeric powder

Garnish

- Chopped fresh cilantro and/or parsley
- (*Optional*) Feta / goat cheese and/or black pitted olives

Serving Suggestion

With toast, flatbread, sourdough or pita bread

Preparation

Video Tutorial of a similar recipe available [here](#)

1. Heat 2 tbsp olive oil in a large sauté pan on medium heat and add the diced onion and finely chopped garlic. Cook for about 5 minutes until the onion becomes translucent.
1. Add the chopped bell pepper, salt, paprika, cumin, turmeric powder and chilli powder, and cook for an additional minute. *(you can also add mushrooms or chickpeas here)*
2. Add the peeled and diced tomatoes into the pan and break down the tomatoes using a large spoon. Make sure it has a runny consistency (you can add ~ ¼ cup water otherwise). Add ¼ tsp sugar *(optional, but my housemate swears by it)*.
3. Put the lid on and bring the sauce to a simmer until the sauce thickens, or until a desired consistency is reached.
4. Use the large spoon to make small wells in the sauce and crack the eggs into each well. *(Cracking eggs one at a time into a small bowl before adding them to the pan will ensure that you don't add bad eggs or a piece of shell into the dish!)*
5. Cover the pan and cook for about 10 minutes *(or until the eggs are done to your liking.)*
6. Season the eggs with salt, ground pepper and a dash of olive oil and garnish with chopped cilantro and/or parsley and cheese *(optional)*

Tips

1. Variants of the recipe include adding chickpeas (at step 2) or baby spinach (at step 4).
2. [Quick hack to peel tomatoes](#)
3. You can also add some feta cheese or goat cheese (if you're not dairy-free yet), and/or black pitted olives for garnish.



~ 1 serving

~ Eet smakelijk! ~