

YIELD: 2 SERVINGS

Shakshuka

Shakshuka with Israeli couscous by Molly Yeh.

PREP TIME

10 minutes

COOK TIME

30 minutes

TOTAL TIME

40 minutes

Ingredients

- 2 tablespoons olive oil
- 1/2 a medium onion
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon harissa (to taste)
- 1/4 teaspoon smoked paprika
- 1/8 teaspoon crushed red pepper flakes
- 1 tablespoon tomato pasta
- 14-ounce can chopped tomatoes
- 1/4 cup + 2 tablespoons Israeli couscous
- 1/4 cup vegetable broth
- 3 large eggs
- feta cheese, for serving
- fresh parsley, for serving

Instructions

1. In a small 8" skillet, heat the olive oil over medium heat.
2. Add the chopped onion, a pinch of salt, and cook, stirring, until soft and translucent, about 5 minutes.
3. Next, add the garlic, cumin, harissa, smoked paprika, crushed red pepper flakes another pinch of salt, a few turns of black pepper, and stir, Cook for 1 minute, while stirring occasionally.
4. Add the tomato paste and canned tomatoes (with juice). Stir everything to combine it well, and either simmer it for 15 minutes on medium, or turn the heat to low and let cook for up to 2 hours. Your choice.



5. When ready to serve, crank the heat to high, stir in the couscous and broth, cover and cook for about 15 minutes, until the couscous is done.
6. Create 3 little wells to add the eggs. Cook for about 8 minutes, until the whites are set but the yolks are still runny. If you like a more well-done egg, baste the eggs with the tomato sauce around it.
7. Scatter feta and parsley on top, and serve.

Nutrition Information: **YIELD:** 2 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 442 TOTAL FAT: 26g SATURATED FAT: 7g
TRANS FAT: 0g UNSATURATED FAT: 17g CHOLESTEROL: 292mg SODIUM: 373mg
CARBOHYDRATES: 36g FIBER: 5g SUGAR: 8g PROTEIN: 18g



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