



Poached Eggs in Tomato Sauce With Chickpeas And Feta

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by The Bon Appétit Test Kitchen

Popular in Israel, this shakshuka works for breakfast, lunch, or dinner.

Yield: Makes 4–6 servings

Active Time: 30 minutes

Total Time: 35 minutes

ingredients

1/4 cup olive oil
1 medium onion, finely chopped
4 garlic cloves, coarsely chopped
2 jalapeños, seeded, finely chopped
1 15-ounce can chickpeas, drained
2 teaspoons Hungarian sweet paprika
1 teaspoon ground cumin
1 28-ounce can whole peeled tomatoes, crushed by hand, juices reserved
Kosher salt and freshly ground black pepper
1 cup coarsely crumbled feta
8 large eggs
1 tablespoon chopped flat-leaf parsley
1 tablespoon chopped fresh cilantro
Warm pita bread

preparation

Preheat oven to 425°F. Heat oil in a large ovenproof skillet over medium-high heat. Add onion, garlic, and jalapeños; cook, stirring occasionally, until onion is soft, about 8 minutes. Add chickpeas, paprika, and cumin and cook for 2 minutes longer.

Add crushed tomatoes and their juices. Bring to a boil, reduce heat to medium-low, and simmer, stirring occasionally, until sauce thickens slightly, about 15 minutes. Season to taste with salt and pepper. Sprinkle feta evenly over sauce. Crack eggs one at a time and place over sauce, spacing evenly apart. Transfer skillet to oven and bake until whites are just set but yolks are still runny, 5–8 minutes. Garnish with parsley and cilantro. Serve with pita for dipping.

nutritional information

Per serving: 358 calories, 22 g fat, 22 g carbohydrates

Nutritional analysis provided by Bon Appétit

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