

# Shakshuka

- Serves 6 people -

## INGREDIENTS:

Extra virgin olive oil  
1 Onion  
2 Green peppers  
2 Cloves of garlic  
1 tsp Coriander  
1 tsp Sweet paprika  
1/2 Ground cumin  
1 Pinch of red pepper flakes

6 Ripe tomatoes  
1/2 cup Tomato sauce  
1 tsp Sugar  
6 Large eggs  
Chopped Parsley  
1/4 Cup mint leaves  
Salt and pepper

## METHOD:

**STEP 1** Chop vegetables. Heat oil in large iron skillet.

**STEP 2** Add onion, green pepper, garlic, spices and a pinch of salt and pepper. Stir frequently until vegetables have softened.

**STEP 3** Add the tomatoes, tomato sauce and sugar. Simmer until tomato mixture starts to reduce (10-12 minutes).

**STEP 4** Use a wooden spoon and make 6 indentations in the tomato mix.

**STEP 5** Gently crack an egg into each indentation.

**STEP 6** Reduce heat and cover the skillet. Cook until the egg whites are set.

