Green Shakshuka

Serves 2

What you need to do

1 tbsp. coconut oil
1 onion, diced
2 cloves garlic, minced
1 tsp. ground cumin
2-4 handfuls spinach
a handful parsley
2-4 tbsp. almond milk
1 tbsp. harissa paste
1 green bell pepper, sliced
1 cup (150g) green peas,
frozen
4 eggs

Heat half of the coconut oil in a large frying pan, over medium heat, and sauté the onion and garlic for about 10 minutes, until soft.

Season with cumin and salt to taste, then cook for another 2 minutes. Next, transfer the onion into a food processor along with the spinach, parsley, almond milk and harissa paste. Season with freshly ground black pepper, and blend until smooth.

Using the same pan as earlier, heat the remaining oil and fry the pepper for about 5 minutes, until charred. Next, pour in the spinach sauce and add the peas. Cook for about 5 minutes until peas are defrosted.

Make 4 pockets in the sauce and break an egg in each one. Cook for another 10 minutes, or until the eggs are set. Cover with a lid to speed up the process.

Serve seasoned with salt and freshly ground black pepper.

GF	DF	V	N
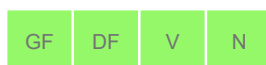
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	35 mins	338	19	23	18

*Nutrition per serve

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