



# Shakshuka

## Serves 2

1 white onion, sliced  
2 bell peppers, sliced  
2x 14 oz. (400g) cans chopped tomatoes  
4 eggs  
¼ cup (15g) parsley leaves, chopped  
1 tbsp. olive oil  
salt & pepper

## What you need to do

1. Heat the oil a large non-stick frying pan over a medium-high heat. Add the onion and bell peppers, stirring constantly, and cook, for 5 minutes or until the onion and pepper have softened.
2. Add the chopped tomatoes and cook, stirring for a further 5 minutes.
3. Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve immediately.

GF DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	308	17	22	16

\*Nutrition per serving

