

SHAKSHUKA EGGS AND SPINACH



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Packed full of protein, iron, and B-vitamins, thanks to the eggs and spinach!



FOOD WASTE TIP

Check eggs' freshness by placing them in cold water – if it floats don't eat it!

INGREDIENTS



1 tbsp. olive oil



1 onion, diced



2 cloves garlic,
minced



2 capsicum,
diced



1 tsp. dried
mixed herbs



1 tsp. pepper



2 tsp. turmeric
& 2 tsp. paprika



2 tins diced
tomatoes



1 small bag of
baby spinach, or
1 block frozen
chopped spinach



6 eggs



To serve:
½ bunch fresh
parsley, chopped



To serve:
Bread
or pita bread

STEPS



Heat the oil in a large, deep frypan on medium-high heat and add the diced onion and garlic.



Add capsicum, stir with a wooden spoon for 5 minutes or until it starts to soften.



Add dried mixed herbs, pepper, turmeric and paprika, and stir well.



Add the tinned tomatoes, stir well and bring to the boil.



Add the spinach and stir regularly until spinach is soft and wilted.



Reduce heat to low. If the mixture looks dry during cooking, add a little water.



Make a gap in the sauce with a wooden spoon. Tip the egg into the gap. Repeat for all eggs.



Cover with the lid and simmer until eggs are cooked. Serve the eggs and sauce in a bowl with a sprinkle of parsley and a slice of wholemeal toast or pita bread.