

Shakshuka Poached Eggs

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large frypan with lid
measuring cups
measuring spoons
garlic crusher/ mincer
heatproof spoon
cutting board and knife

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1. In the frypan, over a medium heat, **melt** 2 TBS **extra virgin olive oil**

 2. **Add**
1 **medium onion**, finely diced
1 **green capsicum/ pepper**, finely diced
1 **red capsicum/ pepper**, finely diced
2 large **garlic cloves**, crushed/ minced

 3. **Cover** and **cook** for 8 minutes or until softened.

 4. **Add** and **cook** for a further minute
1 tsp **ground paprika**
1 tsp **ground cumin**
1 tsp **ground coriander/ cilantro** (opt.)

 5. **Stir in**
1 x 400 g/ 28 oz can **diced tomatoes**
1 cup **tomato passata**
1 tsp **chicken broth powder** (optional)

 6. **Simmer** 5 minutes then **season** with **unrefined salt and black pepper**

 7. Using the back of the spoon, make six **indents** in the sauce in which to **crack** 6 large **eggs**

 8. **Cover** and **simmer** 5 to 10 minutes until the eggs are to your liking.

 9. **Serve** immediately **sprinkled** with
¼ cup chopped **parsley**
¼ cup chopped **coriander/ cilantro** (opt.)
200 g/ 7 oz **soft feta**, crumbled (optional)
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