



DropChef Shakshuka (Maghrebi Eggs)

Shakshuka is thought to have originated from Tunisia, however, it is also commonly eaten in the Middle-east. We added beans to this Shakshuka to make it super-healthy, fibre and protein-packed dish which can be eaten for breakfast, lunch, or dinner! Save the recipe and try making it for a brunch with friends!

Nutritional Info

Calories: 452 kcal
Carbohydrates: 51g
Protein: 25.3g
Fat: 11.1 g

Ingredients

- Garlic
- Red Pepper
- Onion
- Tinned Tomatoes
- Eggs
- Feta Cheese
- Bread Roll
- Parsley
- Mixed beans

Your Pantry

- Olive Oil

Allergens

Wheat (Bread Roll)
Milk (feta)
Eggs (Eggs)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the vegetables and preheat the oven

Peel and finely dice the onion. Dice or slice the red pepper. Peel and crush the garlic. Finely chop the parsley. Drain and rinse the mixed beans.

2) Sauté the vegetables

In a medium-large saucepan, drizzle a little oil. Add in the onion and pepper and cook for 3-4 minutes, then add the garlic, and cook for a further minute.

3) Add the tomatoes

Add in the tinned tomatoes, and mixed beans and bring to a simmer. Allow to cook for a further 5-10 minutes. Add salt and pepper to taste.

4) Bake the bread

Sprinkle a little water on the bread and place in the oven for 8-10 minutes or until crusty enough for your liking. While the bread is baking...

5) Poach the eggs in the sauce

Crack one egg into a cup. Using a spoon or spatula, carefully push aside some of the tomato sauce in the pan to create a shallow hole and immediately pour in the egg. Repeat until all of the eggs have been used up. Cover with a lid or tin foil and leave to cook for 6-8 minutes. Meanwhile...

6) Serve the dish

Garnish with the feta and chopped parsley. Serve with the crusty bread roll.



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