

Shakshuka

Ingredients

2 tbsp olive oil
1 onion, finely chopped
2 tspn harissa powder
(Seasoned Pioneers)
or 2 tbsp harissa paste
2 red peppers finely
sliced
2 tbsp tomato puree
10 ripe tomatoes
chopped or 2 tins
(800g of either)
8 medium free
range eggs
2 tbsp greek yoghurt
1/2 tsp salt

Method

Heat the olive oil in a large frying pan over a medium heat and fry the onion for 3 mins. Add the peppers and gently fry for a further 5 minutes. Add the harissa, tomato puree and salt and cook for a minute before adding the tomatoes. When you have a thick sauce, make 8 dips with a big spoon and carefully crack the eggs into each one. Simmer gently for 8-10 minutes, until the egg whites are set but the yolks are runny. If you wish to speed this process up the pop a lid on during this time.

Serving Suggestions:

Serve on top of toasted wheaten sourdough bread with a dollop of yoghurt and salt and pepper to taste.