

## WHY WE LOVED IT

Grace has thought about how eating food from different countries can transport us to other places around the world!

Shakshuka is from North Africa where they often eat it for breakfast. It's made from simple, healthy ingredients and it is vegetarian. Shakshuka literally means "a mixture" and the traditional version uses tomatoes, onions and spices with eggs poached on top.

Grace likes hers a little bit spicy, so she adds chilli flakes, you don't have to add chilli flakes to yours though if you don't want to. Do you like spicy food?



INFO:

Total time: 30 minutes

Serves:

## **INGREDIENTS:**

2 tablespoons olive oil

1 medium onion, diced

1 red bell pepper, seeded and diced

4 garlic cloves, grated

2 teaspoon paprika

1 teaspoon cumin

1/4 teaspoon chilli powder

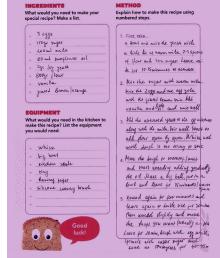
1 can whole peeled tomatoes

6 large eggs

1 small bunch fresh coriander, chopped

1 small bunch fresh parsley, chopped





# METHOD

### **STEP 1**

Heat olive oil in a large frying pan on medium heat. Add the chopped red pepper and onion and cook for 5 minutes or until the onion becomes soft.

## STEP 2

Add garlic and spices and cook another minute – it should smell really good!

### **STEP 3**

Pour the can of tomatoes and juice into the pan and break them up using a large spoon. Season with salt and pepper and bring the sauce to a simmer.

### **STEP 4**

Use your large spoon to make six small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.

### **STEP 5**

Divide between serving bowls, and sprinkle with the chopped coriander and parsley.