



HEALTHY SHAKSHUKA

(PAN BAKED EGGS)

RECIPE

☰ Prep: 15 mins
🕒 Cook: 25 mins
🍴 Servings: 6
★ ★ ★ ★ ★

Ingredients

- ▲ olive or canola oil spray
- ▲ medium onion, peeled and chopped
- ▲ 2 cloves garlic, peeled and chopped
- ▲ 200 g mushroom, sliced
- ▲ 1 medium red capsicum, seeded and diced
- ▲ 440 g can salt-reduced baked beans
- ▲ 800 g can no-added-salt diced tomatoes
- ▲ 1 tsp ground cumin
- ▲ 1/2 tsp smoked paprika
- ▲ pepper
- ▲ 125 g baby spinach leaves, chopped
- ▲ 1/2 punnet cherry tomatoes, halved
- ▲ 6 eggs
- ▲ 1/2 cup fresh Italian parsley, finely chopped, to serve

Method

1. Spray a large frypan with oil and place on medium to high heat.
2. Add onion and cook for 3 minutes until softened.
3. Add garlic, mushrooms and capsicum and cook for 5 minutes.
4. Mix through baked beans, canned tomatoes, cumin, paprika and pepper.
5. Increase heat and to bring to the boil then simmer for 5 minutes until slightly thickened.
6. Add spinach leaves and gently mix until they start to wilt; sprinkle over cherry tomatoes.
7. Using a spoon, create 6 little wells, then crack each egg into a well. Cover pan with lid and cook until whites are firm and yolks are just set, about 5 minutes.
8. Remove from heat, top with parsley and serve immediately.

Variation: For extra heat, add 2-3 chopped green chillies or jalapenos when adding canned tomatoes.

Nutrition Information

	per serving	per 100g
Energy	935 kJ	259 kJ
	223 Cal	62 Cal
Protein	14.2 g	3.9 g
Fat, total	9.8 g	2.7 g
— saturated	2.2 g	0.6 g
Carbohydrate	15.9 g	4.4 g
— sugars	9.8 g	2.7 g
Sodium	441.8 mg	122.3 mg
Fibre	8.1 g	2.2 g