

## Things to prepare before the class:

- *Ingredients: listed below*
- *Equipment: knife, cutting board, medium pan with lid, spatula, large spoon or ladle*

## Recipe: Shakshuka

Yield: 2 servings (original recipe makes 4 servings)

Adapted from: <https://www.loveandlemons.com/shakshuka-recipe/>

### Ingredients

- 1 tablespoon olive oil
- 1 small onion
- ½ bell pepper
- 2 garlic cloves
- ¼ teaspoon paprika
- ¼ teaspoon cumin
- Pinch cayenne powder (optional)
- 1 tbsp harissa paste (optional)
- ½ can (28-ounce can) whole peeled tomatoes
- ½ cup spinach
- 3 large eggs
- salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped
- Crumbled feta cheese (optional)
- Fresh bread, for serving



Photo: [Love and Lemons](https://www.loveandlemons.com/shakshuka-recipe/)

### Instructions

1. Dice onion and bell pepper. Finely chop garlic.
2. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and season with salt and pepper. Cook for 5 minutes or until onions become translucent.
3. Reduce the heat to medium low, add garlic and spices and cook for an additional 30s.
4. Pour the ½ can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Add harissa. Bring the sauce to a simmer.
5. Add spinach, stir until wilted. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cook the eggs for 5 to 8 minutes, or until the eggs are done to your liking. You can also cover the pan with a lid to expedite the eggs cooking.
6. While eggs are cooking, chop cilantro and parsley
7. Garnish with chopped cilantro and parsley and feta cheese before serving with fresh bread.

*\*Note: The amount of herbs and spices can be adjusted to your preference and spice tolerance*

*Continued →*

**Serving Recommendation:**

Shakshuka is traditionally eaten with crusty bread or pita, but other ideas include roast potatoes, crackers or rice.

**Nutritional Benefits:**

Shakshuka, when served with bread, provides a balanced meal with components from all food groups (grains, protein-food, veggies). Tomatoes provide vitamin A and C, which are antioxidants as well as help with immune function.

**Storage & Leftovers:**

Store any leftover shakshuka sauce in a tightly sealed container for ~3 days in the fridge & ~1 month in the freezer. Shakshuka is very easy to reheat: just reheat on a pan and crack eggs in, just like step 5.