



# Shakshuka



SERVINGS: 2

PREPPING TIME: 5 MINS

COOKING TIME: 20 MINS

## INGREDIENTS

1 white onion, sliced  
2 bell peppers, sliced  
(2) 14 oz. cans chopped tomatoes  
4 eggs  
¼ cup parsley leaves,  
chopped  
1 tbsp. olive oil  
salt & pepper

## DIRECTIONS

1. Heat the oil in a large non-stick frying pan over medium-high heat. Add the onion and bell peppers, stirring constantly, and cook for 5 minutes or until the onion and pepper have softened.
2. Add the chopped tomatoes and cook, stirring for a further 5 minutes.
3. Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve.

