Under 30 minutes

Serves 3-4

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Ingredients:

- Glug olive oil
- 1 onion, chopped
- 2 each red and yellow peppers, diced
- 3 cloves garlic, chopped
- 1 tsp (5ml) cumin seeds, lightly crushed
- 1 Tbsp (15ml) smoked paprika
- 2 Tbsp (30ml) tomato paste
- 1 Tbsp (15ml) harissa paste (for recipe please click here)
- Worcestershire sauce
- 2 cans (400g each) chopped tomatoes
- Salt and milled pepper
- 1 tsp (5ml) sugar
- 6-8 eggs
- Handful roasted sesame seeds, grated parmesan (optional) and crusty bread, for serving

Method:

Bulk up shakshuka with canned beans, chickpeas or corn stirred into tomato sauce.

1. Heat oil in a pan and sauté onion and peppers.

- 2. Add garlic and spices and fry for a minute.
- 3. Stir in tomato paste, harissa and soy sauce, cook for a minute, then add canned tomatoes. Season and add sugar.
- 4. Simmer for 3-4 minutes.
- 5. Make a shallow hole in the sauce, using a ladle.
- 6. Break an egg into a mug then pour it into sauce. Repeat with other eggs.
- 7. Cover with a lid and cook for 5-8 minutes until eggs are done. (You could also use poached eggs simply warmed in the tomato sauce, if you prefer.)
- 8. Sprinkle with sesame seeds and parmesan, if you like, and serve immediately with bread.

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