

# Lunch

## RECIPE CARD

### Chakchouka (serves 4)

RECIPE NAME

Lunch

MEAL TIME

20 minutes

PREP TIME

20 minutes

TIME TO COOK

Chakchouka (also called shakshouka) is a delicious Tunisian and Israeli dish of tomatoes, onions, pepper, spices, and eggs.

NOTES

Approx 215 kcal

CALORIES

## INGREDIENTS

- ★ 3 tablespoons olive oil
- ★ 1 large onion chopped
- ★ 1 thinly sliced bell pepper, any colour
- ★ 2 cloves garlic, minced, or to taste
- ★ 400g chopped tomatoes
- ★ 1 teaspoon ground cumin
- ★ 1 teaspoon paprika
- ★ 1 teaspoon salt
- ★ 1 chilli , seeded and chopped
- ★ 4 eggs

## METHOD



Heat the olive oil in a pan over medium heat. Stir in the onion, bell peppers, and garlic; cook and stir until the vegetables have softened and the onion has turned translucent, about 5 minutes.



Combine the tomatoes, cumin, paprika, salt, and chilli into a bowl and mix. Pour the tomato mixture into the pan, and stir to combine.



Simmer, uncovered, until the tomato juices have cooked off, about 10 minutes. Make four indentations in the tomato mixture for the eggs.



Crack the eggs into the indentations. Cover the pan and let the eggs cook until they're firm but not dry, about 5 minutes.