



Shakshuka

Preparation Time	20 Minutes
Marinating/Standing	0 Minutes
Cooking Time	15 Minutes
Serves	4

Ingredients:	
1 Tbsp olive oil	1 tsp chilli powder (Depending on the heat of the harissa)
1/2 onion, peeled and diced	1 tsp cumin
1 clove garlic, minced	1 tsp smoked paprika
200g potato, cut into small cubes	Pinch of sugar
1 salad pepper, seeded and chopped	Salt and pepper, to taste
4 cups ripe diced tomatoes, or 2 cans diced tomatoes	8 eggs
2 Tbsp tomato paste	1 ripe avocado, diced
½ Tbsp Harissa paste	1/2 tbsp fresh chopped basil or parsley for garnish

Method:

1. Heat a deep large skillet or sauté pan on medium heat add olive oil.
2. Add the chopped onion, sauté until the onion begins to soften. Add the garlic and continue to sauté till mixture is fragrant.
3. Add the diced potato and bell pepper, sauté for 5-7 minutes over medium until softened.
4. Add the tomatoes, harissa paste and tomato paste to the pan and stir until blended. Add the spices and sugar and stir, allowing the mixture to simmer for 5-7 minutes, until it starts to reduce. Check the potatoes to ensure that they are cooked through.
5. Add salt and pepper to taste or sugar for a sweeter sauce.
6. Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce.
7. Cover the pan and allow the mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.
8. Garnish with chopped parsley or basil and the cubed avocado.