

SHAKSHUKA



This simple yet tasty meal is a great easy solution at the end of a busy day. Warm spice and fresh vegetables with egg make for a low-carb but filling breakfast, lunch or dinner!

Ingredients:

- 2 Tbsp cooking oil
- 2 Tbsp butter
- 1 clove of garlic, minced
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- Pinch of dried chili flakes

- 1 small zucchini, thin sliced
 - 1/2 bell pepper, small diced
 - 4 small tomatoes, small diced
 - 1/4 cup tomato juice
 - 2 cups spinach
 - Salt
 - 4 eggs
-
- 1 avocado, mashed
 - 2 Tbsp fresh cilantro, chopped
 - Splash of lime juice
 - Salt

Directions

1. In a pan, heat the cooking oil with the butter, garlic, ground cumin, chili powder, smoked paprika and dried chili flakes. Continue to cook this until the spices are toasted and bubbling.
2. Add the zucchini, bell pepper, tomatoes and a pinch of salt and cook over medium high heat for about 2 minutes.
3. Add the tomato juice and spinach and continue cooking until the spinach has softened and the tomato juice is bubbling. Taste for seasoning and adjust with more salt if needed.
4. Using a spoon, create 4 craters in the mix and then crack an egg into each crater. Season the egg with a sprinkle of salt, put a lid on the pan and continue cooking on low heat until the eggs are cooked to your desired liking.
5. Mix together the mashed avocado, cilantro, lime juice and a pinch of salt.

6. When the eggs are cooked, gently scoop out the shakshuka and serve with a spoon full of the avocado.

NOTE: if you would like to serve in individual pans/dishes the vegetable mix can be transferred to oven proof dishes before the eggs are cracked in and the shakshuka can finish cooking in the oven at 350F for 5-10 minutes, or until desired egg doneness is achieved.

Yield: 2 servings