

Surplus Shakshouka

Ingredients

500g Squishy Tomatoes, chopped
1 Large Onion, diced
2 Garlic Cloves, chopped
Handful of Fresh Herbs, chopped (such as coriander, parsley or chives), plus a little extra to garnish
1tbsp Dried Mixed Herbs
400g Can of Butter Beans
2tbsp Olive Oil
1tsp Paprika
1tsp Ground Cumin
1tsp Chilli Powder
Salt and Pepper
1/2tsp Sugar
4 Eggs



Serves 4

Method

1. Heat the oven to 180°C. In a bowl, mix together the chopped tomatoes, onion, garlic and fresh herbs.
2. Drain the butter beans, reserving the liquid to thicken a soup or casserole another time.
3. Heat the oil in a pan or oven proof dish suitable for the hob and add the tomato mixture. Watch out for spatters and spits!
4. Cook gently for 2 - 3 minutes, until the tomatoes begin to soften.
5. Add the paprika, cumin, chilli, salt, pepper, and sugar. Cook the Shakshouka for 15 - 20 minutes, or until reduced and thickened.
6. Remove from the heat. Make four indentations with the back of a spoon, then crack an egg into each one.
7. Transfer the dish to the oven and bake for 5 - 8 minutes, until the eggs have set to your liking.
8. Sprinkle with chopped fresh herbs, to serve.

Top Tips

Keep the pan on the hob to cook the eggs. Crack them into the Shakshouka then cover the pan with a lid or tin foil and continue to cook over gentle heat for 5 - 8 minutes, or until the eggs are cooked to your liking.

Spice up the Shakshouka even more by adding extra chilli, chopped fresh or powder as well as 1 - 2tsp harissa paste.

Freeze the Shakshouka in small batches and reheat from frozen in the microwave or oven. When piping hot serve with rice or on top of a baked potato for a delicious quick and easy nutritious meal.



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