

Rob Hobson



Campaigning for people to "Season with Sense"



BLACK BEAN SHAKSHUKA

 **Prep: 10 minutes**

 **Cook: 25 minutes**

 **Serves: 2**

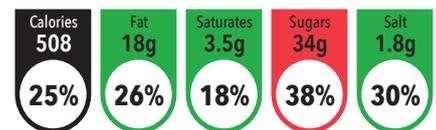
INGREDIENTS:

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 1 garlic clove, chopped
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tbsp tomato puree
- 1 tbsp chipotle paste
- 2 cans cherry tomatoes
- 400g can black beans
- **LoSalt**
- Black pepper
- 4 large eggs
- Coriander, chopped

METHOD:

1. Heat the oil in a deep-sided frying pan set over a medium heat. Add the onions and garlic then fry for 5 minutes until softened. Stir in the spices and cook for 30 seconds until fragrant then add the tomato puree, chipotle paste, tomatoes and black beans. Season with **LoSalt** and pepper then cook for 15 minutes.
2. Make 4 wells in the tomato mixture and crack an egg into each. Place the lid on the pan and cook for 4 minutes or until the eggs are cooked to your liking.
3. Sprinkle over the coriander before serving in bowls.

Each serving contains



of your guideline daily amount