



## SHAKSHUKA

-  **Prep: 15 minutes**
-  **Cook: 20 minutes**
-  **Serves: 4**

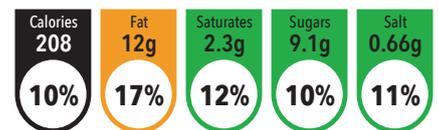
### INGREDIENTS:

- 1 tbsp oil
- 1 bunch spring onions, cut into 1cm slices
- 1 yellow pepper, sliced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 2 tsp harissa paste
- 150g cherry tomatoes, halved
- 400g can chopped tomatoes
- ½ tsp **LoSalt**
- 2 tbsp chopped coriander
- 4 medium eggs

### METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Heat the oil in a large ovenproof frying pan and fry the spring onions and pepper for 4-5 minutes. Stir in the spices, harissa and cherry tomatoes and cook for 1-2 minutes.
3. Add the chopped tomatoes, 100ml water and **LoSalt** and simmer for 5 minutes, stir in ¾ of the coriander. Make 4 wells in the sauce, evenly spaced apart and crack an egg into each. Bake for 7-8 minutes or until the egg white has just set and yolks are still slightly runny.
4. Serve sprinkled with remaining coriander.

Each serving contains



of your guideline daily amount