

Best Green Shakshuka



Preparation time: 30 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Vegetarian

Don't let the green fool you - this spin on the traditional shakshuka recipe will be a refreshing update on your brekkie table, all made in one pan. Filled with lots of veggies that are softened by the cooking process, and mixed with eggs, you'll be whipping this up time and again.



Ingredients

- 2 tbs olive oil
- 2 leeks, white part only, thinly sliced
- 1 large green capsicum, de-seeded, diced
- 2 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp dried chilli flakes
- 1 head of broccoli, cut into small florets
- 4 green onions, thinly sliced
- 80g baby spinach

- 1 cup vegetable or chicken stock
- ½ cup coriander sprigs, roughly chopped
- ½ cup mint leaves, roughly chopped
- 4 eggs
- 1 cup thick Greek yoghurt
- 1 tbsp harissa
- Extra mint and coriander leaves, to serve
- Chargrilled sourdough bread, to serve

Method

1. Heat oil in a large heavy-based frying pan over medium heat. Add leek and capsicum and stir until combined. Cook for 5 minutes or until softened.
2. Stir in cumin, coriander and chilli flakes and cook for 1 minute. Add broccoli, green onion, spinach and stock. Stir until combined.
3. Cover and cook for 2-5 minutes or until vegetables are just tender and stock has reduced slightly. Add chopped coriander and mint. Season with salt and pepper.
4. Use a spoon to form indentations in the veggie mixture. Crack an egg into each indent. Cover and cook for 6-8 minutes or until eggs are cooked to your liking. (It will continue to cook on standing.)
5. Meanwhile, place yoghurt into a bowl. Add harissa, salt and pepper. Swirl harissa through yoghurt. Serve shakshuka immediately, topped with harissa yoghurt and extra herbs with bread on the side.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
312g	959kj 229kcal	12.8g	12.1g	2.9g	14g	11g	329mg	6.7g

All nutrition values are per serve.