

One Pan Heart Healthy Shakshuka



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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We're making dinner super simple for you! If the mountain of dishes in the sink is putting you off, then this one pan wonder is the one for you and it has an added bonus - it's heart healthy!



Ingredients

- 8 eggs
- 2 tbsp extra virgin olive oil
- 1 red onion, diced
- 1 red capsicum, diced
- 1 fresh red chilli, sliced
- 3 garlic cloves, finely chopped
- 1 tsp ground cumin
- 2 tsp paprika
- 4 x tomatoes, diced or 1 can tomatoes
- 1 tbsp tomato paste

- Fresh black pepper
- 120g baby spinach
- 120g fetta
- 1 tbsp parsley, chopped
- Toasted wholemeal sourdough slices, to serve

Method

1. Preheat the oven to 180°C.
2. Heat the extra virgin olive oil in an ovenproof frying pan over a moderate heat. Add the onion, capsicum, chilli and garlic and sauté for 3-4 minutes until the onion is translucent.
3. Add the cumin, paprika, tomatoes and tomato paste. Simmer for about 10 minutes. Fold through the spinach.
4. Make 4 indentations in the mixture and crack 2 eggs into each indent. Bake for 10 minutes, or until the eggs are set to your liking.
5. Crumble the fetta over the top and scatter with fresh parsley. Serve immediately with toasted wholemeal sourdough slices.

Notes

Recipe created using the Solidteknics 26cm nöni™ Frypan

This recipe has been endorsed by leading not-for-profit, [Hearts4Heart](#).

