



Shakshouka

A Moroccan Egg Breakfast

2 teaspoons Extra Virgin Olive Oil
1 Onion , chopped or thinly sliced
2 cloves Garlic , finely chopped
1 tablespoon Harissa paste
1 tablespoon Coriander Powder
1 cup Vegetable stock
1 cup Kala Chana (Brown Chickpeas),soaked overnight, boiled and mashed
2 cups Tomatoes , fine chopped
1/2 cup Yellow Bell Pepper , finely sliced
Spinach Leaves , a bunch, chopped
2 tablespoons Coriander Leaves , chopped
3 Whole Eggs , (adjust number to size of pan)
Salt and Pepper , to taste

Start by heating the oil in a skillet or omelette pan, and saute the onion and garlic for about 5-6 mins or until it turns golden.

Add the harissa paste and coriander powder and then mix well.

Add in the vegetable stock and mashed chickpeas and stir well. Cover the lid, simmer and cook for 5 mins.

Add the chopped tomatoes and bell pepper into the pan, mix well and cook for another 10 mins until the tomatoes are soft and mushy.

Fold in the spinach into the pan and mix everything well.

Season with salt and pepper and add chopped coriander leaves and mix well.

Make 2 to 4 hollows/dents (depending on the size of the skillet and eggs used) in the mixture and break in the eggs.

Cover and cook for another 2 mins till the eggs are nicely poached.

Take off the pan from heat and allow to settle for a minute.