



# SHAKSHOUKA

Aim: Getting a protein and veggie hit first thing!

## Ingredients

- ½ tsp cumin seeds
- 1 tsp olive oil
- 2 red onions, chopped
- 4 peppers, chopped
- 250g sweet potato, chopped
- 2 bay leaves
- 2 tbsp fresh coriander, chopped
- ¼ tsp paprika
- 2 x 400g tin tomatoes
- 2 generous handfuls spinach
- Salt and pepper
- 8 medium eggs
- 400g cottage cheese

## Directions

READY IN: 55 // SERVINGS: 4

1. Dry fry the cumin seeds in a large deep frying pan over a high heat, for 2 mins or until you can smell the aroma from the seeds.
2. Add the olive oil and chopped onions and sauté until the onions are soft.
3. Add the peppers, potato, bay leaves, coriander and paprika and continue to sauté until all vegetables are soft.
4. Add the tomatoes and spinach, season with salt and pepper, reduce the heat and simmer for 10-15 mins, until the sauce is reduced and thick.
5. Transfer to an ovenproof dish, crack the eggs on top & dollop the cottage cheese on top, avoiding the egg yolks.
6. Cook in a 180 degree preheated oven until the eggs have just set (you want to retain a lovely runny yolk!).
7. Serve!

Variations to consider: To increase the protein content, add some shredded chicken or ham into the mix. For a higher carbohydrate meal, add a side of toast of ,make it crunchy on top by topping with breadcrumbs. To reduce the carbohydrates, drop the sweet potato!

CALORIES

534

CARBOHYDRATE

65

PROTEIN

28

FAT

18