



SHAKSHUKA

An easy yet satisfying breakfast option, shakshuka (or shakshouka) means “a mixture” in Arabic and has existed in Mediterranean cultures for centuries. Enjoy this flavourful dish for breakfast, or any time of day!

INGREDIENTS:

- 3 g harissa
- 3 g ground cumin
- 3 g smoked paprika
- 5 mL tomato paste
- 3 cloves garlic, finely chopped
- 1 tbsp olive oil
- 2 peppers (1 red and 1 yellow), seeds removed and roughly chopped
- 400 g plum tomatoes, diced
- 3 large organic eggs
- ½ avocado, sliced and sprinkled with lemon juice
- 15 g fresh flat-leaf parsley, chopped
- Sea salt to flavour
- Toasted sourdough bread

PREPARATION METHOD:

1. Warm the olive oil in the pan over medium heat, then add the harissa, cumin, smoked paprika, tomato paste, garlic, bell peppers and salt. Sauté for about 2 minutes.
2. Add the tomatoes, let gently simmer and cook for about 10 minutes until the sauce has reduced and thickened, stirring occasionally.
3. With the back of a wooden or silicone spoon, make three wells in the sauce and crack in the eggs. Place the lid on top of the pan and cook for 2-3 minutes until the egg whites are set but the yolks are still runny.
4. Once ready, remove the lid, add the avocado slices and garnish with fresh parsley. Serve with toasted sourdough bread.

iCOOK PRODUCTS USED:

- **Wooden Cutting Board**
- **5-Piece Knife Set**
- **Non-stick Fry Pan with Lid, 24 cm**