

SHAKSHUKA

Adapted from ourtunisianatble.com/home/2018/10/20/shakshuka

Ingredients:

olive oil

1 medium white or yellow onion, thickly sliced

1-2 chillies such as jalapeno and/or Anaheim

1 capsicum, cut into bite sized pieces

3 medium potatoes, cut into bite sized pieces

1 carrot, sliced

1 cup other seasonal vegetables (optional- in class we added silverbeet)

1-2 cups tomatoes, chopped

1 teaspoon salt, plus more to taste if needed

black pepper (optional, or up to about ½ teaspoon)

1 teaspoon paprika

4-5 whole eggs (optional)

1 tablespoon tomato paste

parsley (for garnish)

bread to dip!

Preparation:

1. Add enough oil to cover the bottom of a saute pan or shallow pot. Heat to medium. Add tomatoes and saute.
2. Add onions, peppers, carrot, and potatoes (and any other vegetables you'd like to add). Add salt, black pepper, and paprika.
3. Stir gently and let steam. Lower the heat and let cook, may need to add ½ cup of water if it looks a bit dry. Add 1 tablespoon of tomato paste if you don't have enough fresh tomatoes or the color doesn't look red enough.
4. Cook until the potatoes are tender, but the other vegetables still retain their form/don't break down too much.
5. Optional: if adding eggs, crack whole eggs on top or poach some on the side, cover the pot with a lid, and simmer until eggs are cooked to your liking).
6. Garnish with parsley and serve with bread. Enjoy!