

SHAKSHUKA WITH VERSTEGEN SPICE BLEND

2 persons / 524 kcal per serving

Ingredients:

- 3 teaspoons (7 grams) spice blend shakshuka @verstegen.nl (Instagram)
- 400 grams tomato cubes
- 1 tablespoon tomato paste
- 1 red pepper
- 1 onion
- 1 leek
- 1 clove of garlic
- 5 grams parsley
- 4 eggs
- 1 tablespoon olive oil
- 4 pita breads



Preparation:

Preheat the oven to 200°C. Chop the onion. Chop the garlic, the leeks into rings and the bell pepper into pieces. Heat the oil in a frying pan and fry the onion. Add the leek, bell pepper and garlic and fry for 5 minutes. Add the tomato paste and fry for 1 minute. Add the tomato cubes and the spice blend, reduce the heat to low and simmer for 4 minutes. Pour the vegetable mixture over a baking dish (or dishes). Make a well in your sauce and break an egg over it. Repeat this step for your remaining eggs. Place the dishes in the oven and poach the eggs in about 6-8 minutes. Heat the pita bread in a toaster or in the oven. Sprinkle some salt and pepper over the dish and finally some chopped parsley.

Nutritional value per portion:

Energy:	524 kcal
Protein:	24.8 grams
Carbohydrates:	64.7 grams
- including sugars:	15.5 grams
Fat:	16.5 grams
Fiber:	8.1 grams
Salt:	1.6 grams