

### Israeli Shakshuka

Prep: 10 mins  
Cook: 30 mins  
Makes: 2



#### Equipment:

Medium paella pan or fry pan  
Chopping board and knife  
Measuring spoons and scales  
Fish flip/wooden spoon

#### Ingredients:

1 Red capsicum, diced  
1 Brown onion, diced  
2 garlic cloves, finely chopped  
A handful of baby spinach  
50g fetta cheese  
¼ bunch Parsley  
400g tin diced/crushed tomatoes  
½ tsp chilli flakes  
1 tsp ground cumin  
1tsp ground coriander  
½ cup white wine  
2 tbsp. balsamic vinegar  
4 eggs  
Olive oil  
¼ tsp Sweet Paprika

#### Method:

Heat your pan to medium, add oil and fry onion and capsicum until soft. Once soft and slightly coloured, add the garlic & spices. Cook for 3 minutes until fragrant and then pour in your white wine. Turn the heat up slightly and cook off the wine. When the alcohol has disappeared and the liquid has reduced to virtually nothing, add the tomatoes and bring to a simmer. Season and mix in 1 tbsp balsamic. Continue cooking, and stirring occasionally, reducing the sauce, until it coats the back of a spoon. At this point you want to crumble in your fetta and sprinkle over the spinach. Make some small indents in the sauce (little wells) and crack your eggs into each spot. Season with salt and pepper, and put a lid on to cook the eggs to your liking. Sprinkle with paprika and parsley before serving in the pan for the family to share.

**Food, Fun, do!**