

OVERALL time: 40 mins

CAPE HERB & SPICE SHAKSHUKA

Nothing like a delicious Shakshuka, to warm up your tastebuds.

Not only is it healthy, but super quick and easy to make.

Metric

Number of servings : 4

ingredients

Main

- 1 Large yellow onion, finely diced
- 1 Large red bell pepper, finely diced
- 3 Cloves of garlic, minced
- 5 ml **Cape Herb and Spice's Smoked Paprika Tin**
- 5 ml Ground cumin
- 5 ml **Cape Herb and Spice's Ghost Chilli**
- 800 g Canned crushed tomatoes
- 4 Large eggs
- 50 g Feta cheese, crumbled
- To taste, **Cape Herb and Spice's Salt & Pepper**

For serving

- Fresh coriander and crusty bread

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 30 mins

Preheat oven to 180°C.

Heat olive oil in a large oven proof pan over medium. Add onion and bell pepper. Cook gently until very soft, without browning.

Add garlic and cook until fragrant. Sprinkle in smoked paprika, cumin and Cape Herb & Spice Ghost Chilli. Cook for a minute.

Pour in tomatoes and season. Bring to a simmer and cook until tomatoes have thickened, about 10 minutes.

Turn off the heat. Using the back of a spoon, make four wells in the tomato sauce and crack an egg gently into each well. Sprinkle a little salt and pepper over the eggs. Scatter everything with crumbled feta.

Transfer the pan to the oven and bake until eggs are just set, 7 to 10 minutes.

Sprinkle with fresh coriander and serve with crusty bread.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

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