



PAUL THOMPSON EVENTS

EST. 2011

East of
England
COOP

Shakshuka with Spinach, Feta & Pitta Bread

Preparation time 10 mins • Cooking time 15 mins • Serves 4 people

Ingredients

- 1 red onion, peeled & sliced
- 2 red & 2 yellow peppers, cored & cut into strips
- 1 tsp cumin seeds
- 1 tbsp smoked paprika
- 6 ripe tomatoes, roughly chopped
- 1 tbsp water
- 250ml water
- 80g bag of washed baby leaf spinach
- 2 tbsp fresh coriander, chopped
- 4 free range eggs
- Pitta bread x 4
- Oil
- Salt & pepper

Method

- Heat a large frying pan with a drizzle of oil in it. Add the onion and pepper and soften on a low heat without colouring for 3-4 minutes.
- Add the spices, chopped tomatoes and sugar and cook for another 2 minutes before adding the water. Simmer for approx. 5 minutes.
- Add the spinach, season with salt and pepper and allow the spinach to wilt.
- Crack in 4 eggs, one in each corner of the pan. Place a lid or plate onto the pan and allow to simmer for another 4 minutes until the eggs are cooked.
- Sprinkle with the chopped coriander and serve along with a toasted pitta bread.

Enjoy!