



Yield: Serves 4-6

# Shakshuka

## Eggs Poached in Flavorful Vegetable-Filled Tomato Sauce

### Ingredients:

- 6 Large Eggs**
- 1 (28oz) Can Diced Tomatoes and their liquid**
- 1 Medium Onion - diced**
- 1 Large Bell Pepper (color of choice) - diced**
- 3 Cloves Fresh Garlic - minced**
- 2 Cups (packed) Baby Spinach - small chopped**
- 1 ½ Cups Crumbled Feta Cheese**
- 3 Tbs Olive Oil**
- 1 tsp Ground Coriander**
- 1 tsp Smoked Paprika**
- ¾ tsp Ground Cumin**
- ¼ tsp Red Pepper Flakes - optional**
- Kosher Salt to taste**
- Fresh Ground Black Pepper to taste**
- OPTIONAL GARNISH-**
- ¼ Cup Fresh Parsley - chopped**
- ¼ Cup Fresh Mint Leaves - chopped**
- A drizzle of favorite hot sauce**

### Preparation:

- 1) Heat oil in a large skillet over medium heat until shimmering - Add the onion and bell pepper and sauté until very soft and onions are golden (apx 10-12 minutes)
- 2) Add garlic and continue to sauté for 1-2 minutes - Add the ground coriander, paprika, ground cumin, and red pepper flakes (if using) and thoroughly combine - Continue to sauté for 1 minute
- 3) Add the tomatoes and their juices to the mixture and season with salt (apx 1 tsp) and pepper (apx ¼ tsp) to taste - Bring to a simmer and allow to cook until reduced by about ¼ and thickened (apx 10-12 minutes)
- 4) Add the chopped spinach and continue to cook until wilted and soft (apx 7 minutes)
- 5) Add feta cheese and thoroughly combine - Reduce heat to low
- 6) Make six indented 'wells' spaced around the skillet in the tomato mixture and gently crack an egg into each one - Season each egg with a little salt and pepper to taste
- 7) Cover and allow to simmer until the egg whites have set (apx 8-12 minutes)
- 8) Remove from heat and garnish as desired - Serve hot along with pita or challah bread