

SHAKSHUKA

SERVE: 4

PREP TIME: 10 MINS

COOK TIME: 20 MINS

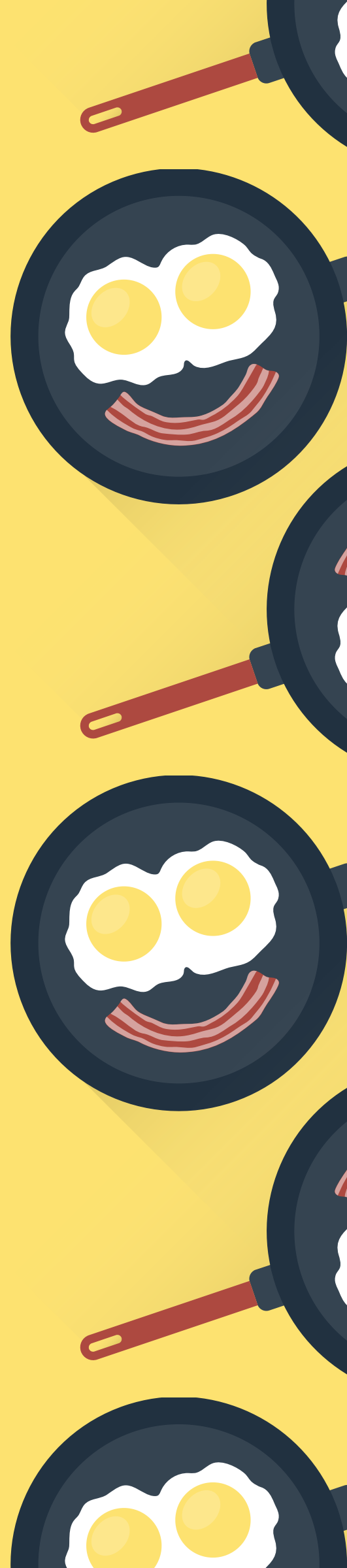
TOTAL TIME: 30 MINS

INGREDIENTS

- 1 medium onion, diced
- 1 red bell pepper, seeded & diced
- 4 garlic cloves, finely chopped
- 2 tsp paprika
- 1 tsp cumin
- 1/4 tsp chili powder
- 1 28 oz can whole peeled tomatoes
- 1 cup canned lentils, drained
- 1/4 cup canned sliced olives
- 4 large eggs
- salt & pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

EQUIPMENT

- 1 large saute pan
- 1 can opener
- 1 cutting board
- 1 knife
- 1 wooden spoon



SHAKSHUKA

DIRECTIONS

1. Heat olive oil in a large saute pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon.
4. Add lentils and mix well with tomato mixture. Season with salt & pepper and bring the sauce to a simmer.
5. Use a large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until eggs are done to your liking.
6. Sprinkle sliced olives evenly over dish. Garnish with chopped cilantro and parsley.

