

# BREAKFAST SHAKSHUKA





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Preparation time: 20 minutes

Cooking time: 1 hour

Serves: 4

1 Brown onion, finely diced  
1 Stick celery, finely diced  
4 Cloves garlic, finely diced  
1 Long red chilli, seeded and finely diced  
¼ Cup extra virgin olive oil  
1 tsp caraway seeds  
1 tsp cumin seeds  
3 tsp smoked paprika  
2 tsp ground black pepper

2 tsp ground turmeric  
2 Tbsp tomato paste  
2x 400g cans whole peeled tomatoes  
1 Tbsp honey  
1 Tbsp cider vinegar  
1 Bunch kale, shredded  
120g Feta, crumbled  
8 eggs  
Salt flakes and freshly-milled black pepper

**1. Sauté** the onion, celery, garlic and chilli in olive oil for 5 minutes until softened. Mix in the caraway and cumin and cook for 2 minutes. Add the paprika, pepper and turmeric.

**2. Once** the mixture begins to stick to the bottom of the saucepan, add the tomato paste, tomatoes, honey and vinegar. Season with salt and pepper then simmer for 45 minutes until thickened.

**3. Mix** in the kale and feta, then divide between four individual baking dishes. Crack two eggs into each and then cook over a very low heat for 8 minutes until the eggs are just set.