

Quick and easy



Spanish-style shakshuka

Serves 1

1 tsp olive oil

45g chorizo, finely chopped

½ red onion, peeled and finely sliced

½ red pepper, deseeded and sliced

½ yellow pepper, deseeded and sliced

½ tsp smoked paprika, plus extra to serve

½ tsp ground cumin

2 tsp tomato puree

130g tinned chopped tomatoes

Salt and pepper

2 medium eggs

1 tbsp yoghurt, such as Greek, natural, soy

Method

Heat the olive oil in a small frying pan set over a medium heat. Add the chorizo and fry gently for 3–4 minutes. Add the onion and peppers and fry for 5 minutes until softened. Add the spices and tomato puree, fry for a minute then add a splash of water. Pour in the tomatoes, stir everything together then bring to a simmer. Cook for 8–10 minutes until the mixture has reduced down slightly, then season to taste with salt and pepper.

Use a spoon to create two wells in the tomato mixture then crack an egg into each. Cover with a lid and cook gently for 3–4 minutes until the egg whites are set but the yolks are still runny. Remove the lid, spoon over the yoghurt and finish with a pinch of smoked paprika to serve.

Tip

Batch cook several portions of the tomato mixture. This will keep in the fridge for up to 3 days or can be frozen for up to 1 month. Defrost overnight in the fridge and reheat in the frying pan before adding the eggs.