



SHAKSHUKA POTS

Shakshuka is a popular Middle Eastern style vegetarian dish.

15 minutes

45 minutes

1 portion

INGREDIENTS

- 1 gram of olive oil
- 1/4 onions, finely chopped (38 g)
- 1 large stalk celery, finely sliced (64 g)
- 1/4 red capsicum, chopped (41 g)
- 50 grams of eggplant, chopped
- 1/2 clove of garlic, crushed (2 g)
- 1/2 Can of diced Tomatoes (200 g)
- 1/4 tsp chili powder (1 g)
- 2 tbsp fresh coriander, chopped (5 g)
- 1 egg (50 g)
- 20 grams of yoghurt, natural
- 1 slice of bread, wholegrain (32 g)

COOKING METHOD

- 1° Preheat oven to 200 C. Heat oil in a frying pan over medium heat. Add onion, celery, capsicum and eggplant and cook for 10 minutes, stirring occasionally, until soft. Add garlic and cook for 30 seconds.
- 2° Stir in tomatoes and chili. Cook until tomatoes are heated through. Stir in most of the coriander, reserving some for on top.
- 3° Place mixture in an oven proof bowl. Make an indentation in the middle of the mixture and crack egg into it. Place onto baking tray and bake for 15 minutes for soft yolk or until your liking.
- 4° Top with yoghurt and remainder coriander, serve with bread for dipping.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (503 g)	% DRI
ENERGY	57 kcal	288 kcal	14 %
FAT	2 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	38 mg	189 mg	63 %
SODIUM	60 mg	301 mg	13 %
CARBOHYDRATE	7 g	36 g	12 %
SUGARS	2 g	8 g	—
FIBER	1 g	7 g	26 %
PROTEIN	3 g	17 g	—