Mushroom shakshuka

Preparation time
10 minutes

Cooking time
20 minutes

Serves
3

Recipe courtesy of
Lyndi Cohen, Accredited Practising Dietitian (APD)

The 2017 Australia's Healthy Weight Week APD Cookbook, created in collaboration with Nutrition Australia.



Ingredients Method Nutrition

1 small red onion, finely chopped

2 tbsp Extra Virgin Olive Oil

2 cups mushrooms, finely sliced

2 large red or yellow capsicum, cut into 0.5cm cubes

4 cloves garlic, crushed

2-4 tbsp harissa paste (depending on your preference for heat)

1 tbsp tomato paste

1 ½ tsp ground cumin

½ tsp dried chilli flakes (optional)

salt and pepper

5 large ripe tomatoes (800g) – or 2 x 400g tins of chopped peeled tomatoes

3 cups baby spinach leaves

4-6 free-range eggs

a small handful of coriander, roughly chopped

1. Heat the olive oil in a frying pan on medium heat and cook the onion until softened, about 4-5 minutes.
2. Add half of the mushrooms and cook for 2-3 minutes.
3. Add the other half of the mushrooms, capsicum, tomato paste, harissa, cumin, chilli, salt, pepper and garlic and cook for about 5 more minutes. Add a splash of water if it dries out and becomes too thick.
4. Add tomatoes and spinach and cook for 10 minutes and until the sauce is thick.
5. Make little wells in the sauce and break the eggs into these, and simmer for 8 – 10 minutes until cooked. Swirl the egg whites a bit with the sauce and try not to break the yolks. If you cover the pan it will speed up the process.
6. The eggs are ready when the whites are firm and cooked and the egg yolks are soft.
7. Spoon out the eggs with the sauce, garnish with coriander and serve.

Nutritional information is provided per serve

Engery	1639kJ (392 calories)
Protein	22g
Saturated Fat	4g
Total Fat	21g
Carbohydrates	20g
Sugars	18g
Dietary Fibre	13g
Sodium	256g