Green shakshuka

Preparation time
10 minutes

Cooking time
20 minutes

Serves
2

Recipe courtesy of
Gaby Mora, Accredited Practising Dietitian (APD)



Ingredients Method Nutrition

2 tbsp extra virgin olive oil

1 leek, halved and sliced

3 small zucchini, sliced

2 packed cups kale leaves, roughly chopped

1/4 tsp ground cumin

1/2 tsp sea salt

1/2 cup reduced-salt vegetable stock

4 eggs

1/2 tsp za'atar

Freshly ground pepper to taste

40g chevre or goat's feta

Small handful of fresh coriander or parsley leaves

2 wholemeal pita bread

1. Heat olive oil in a large saucepan at medium-high heat. Add leek and cook for 2-3 minutes, stirring often.
2. Add zucchini and cook stirring often until soft and lightly browned, about 5-7 minutes.
3. Add kale, cumin and salt, stir to mix. Let kale wilt for a minute or so, add vegetable stock and cook for another minute.
4. Make 4 shallow holes in the vegetable mix and crack eggs in them. Cover pan with a lid and cook until the whites are set.
5. Season with za’atar and pepper to taste, crumble cheese on top and garnish with fresh coriander or parsley. Serve with bread.

Nutritional information is provided per serve

Engery	2704kj
Protein	27g
Saturated Fat	10g
Total Fat	40g
Carbohydrates	39g
Sugars	9g
Dietary Fibre	10g
Sodium	1338mg