



Flavourful Shakshuka

Heleen Meyer prepared this middle-eastern speciality at an event, using her AMC cookware and products from Cape Herb & Spice and Nulaid eggs.

This combination of a spiced up tomato sauce combined with mushrooms and eggs is absolutely delicious. The sauce is based on a well-known middle-eastern meal, although this version is not spicy. Increase the heat by adding a chilli or two to the meal

INGREDIENTS

Serves 6

250 g portabellini or brown mushrooms, quartered
1 onion, chopped
1 red pepper, seeded and chopped
1 clove of garlic, crushed
20 ml (4 tsp) Cape Herb & Spice Cumin seeds
15 ml (1 Tbsp) Cape Herb & Spice Smoked paprika
20 ml (4 tsp) finely grated fresh ginger
50 ml tomato paste
2 x 410 g tins chopped tomatoes
60 ml (¼ c) fresh Italian parsley, chopped
Cape Herb & Spice Sea salt and black pepper
30 ml (2 Tbsp) olive oil
6-8 Nulaid extra large eggs
1-2 rounds of feta, cubed or goat's cheese
Italian parsley for garnish
Lemon wedges and bread, for serving

METHOD

1. Preheat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm reaches the first red area.
2. Sauté the mushrooms for a few minutes, until they start to soften but are still juicy. Spoon out and set aside.
3. Sauté the onion, pepper and garlic until onions are translucent. Stir the spices and ginger in and cook for a few minutes. Then add the mushrooms and tomato paste and mix through.
4. Reduce the heat and add the

- tinned tomatoes and chopped parsley. Cover with lid and leave to simmer for about 15 minutes.
5. Remove lid and allow to simmer for another 10 minutes or until the sauce has thickened. Season with salt and pepper.
6. Using a spoon, make 6-8 'holes' in the sauce and drop a bit of olive oil in each space created.
7. Crack an egg into each opening. Sprinkle the cheese over the top and simmer for another 5-10 minutes with the lid on, or until eggs are cooked to your preference.
8. Serve garnished with extra parsley, wedges of lemon and bread of your choice.

TIPS & VARIATIONS

- You can prepare the sauce in advance and reheat to add the eggs. Or make a double batch of sauce to freeze half. It's perfect for cooking meatballs or portions of chicken in the sauce.
- For a vegetarian option, substitute eggs with butter beans or chickpeas.
- Spoons of plain double cream yoghurt served on top of shakshuka is also a tasty option.