

# SHAKSHUKA

**Time: 40 minutes**

**Serves: 4**

### Ingredients:

2 tablespoons extra-virgin olive oil  
1 large sweet onion – diced  
3 cloves garlic - finely chopped or grated  
28 ounce can whole tomatoes – hand crushed  
3 tablespoons tomato paste  
2 teaspoons cumin  
2 teaspoons paprika  
1 ½ teaspoons kosher salt  
½ teaspoon fresh ground black pepper  
4 leaves chard – torn & stems discarded  
4 eggs

### Preparation:

Place a deep frying pan on medium heat and add the oil.

Add the onion and garlic, stirring occasionally for five minutes.

Stir in the tomatoes, tomato paste, cumin, paprika, salt and pepper. Simmer uncovered for ten minutes.

Stir in the chard and simmer for five minutes.

Crack the eggs into the pan, cover and simmer until the whites are just set (approximately seven minutes).

Serve family style.

### Nutritional Information Per Serving:

Calories: 184

Fat: 8g

Carbs: 21g

Fibre: 5g

Protein: 11g