



# Breakfast shakshuka

Total: 28 min · Prep: 9 min · Cook: 19 min · 1 servings · Easy · Breakfast

Vegetarian

Gluten-Free

Dairy-Free

## INGREDIENTS

3 pc Eggs

200 g Cherry tomatoes (or regular)

25 g Onion

175 g Red bell pepper

10 g Olive oil

5 g Smoked paprika

1 g Dried oregano

to taste Parsley, cumin, cardamom

## INSTRUCTIONS

- 1 Coarsely chop the onion and cut the tomatoes into quarters.
- 2 Heat olive oil in a skillet, lightly fry the onion for 1-2 min. Cut the tomato into large cubes and the bell pepper into small cubes, fry on high heat for 7-10 min while stirring. Then add salt, oregano, paprika, stir, reduce heat to minimum, cover with a lid and simmer for another 1-2 min.
- 3 Add eggs to the mixture cooking in the skillet. Add salt and parsley. Cover with a lid and cook on low heat until the yolk reaches your desired doneness. Done.

**Nutrition per serving: 463 kcal** · Protein **27.0 g** · Fat **28.0 g** · Carbs **25.0 g** · Fiber **8.7 g**