

# Shakshuka – The Best Breakfast Ever

## Healthy and super delicious savory breakfast

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### INGREDIENTS

(makes 2 portions)

- olive oil
  - 2 medium white onions
  - 2 red peppers
  - 3 medium tomatoes
  - salt
  - black pepper
  - 1tbsp tomato paste
  - 1tsp dry garlic
  - 1tsp paprika
  - 1tsp tandoori masala spice mix
  - 2 eggs
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- 1 garlic clove
  - 200g natural Greek yogurt (10% fat)
  - salt
  - 1-2tbsp green herbs (dill, parsley, coriander/cilantro)



### DIRECTIONS

1. Slice the onions and start cooking them in a medium pan with some olive oil on medium heat. You want to cook the onions until they have got some color.
2. In the meantime cube the red peppers and the tomatoes.
3. Once the onion has some color add the red pepper and continue cooking on medium heat for about 5 minutes. Then add tomatoes and cook covered for about 10 minutes. After 10 minutes check that the red pepper and tomatoes have started to soften. Season with salt and pepper, add the tomato paste, the dry garlic, the paprika and the tandoori masala, and mix them in well. Cover again and cook for another 5 minutes.
4. Divide the pepper and tomatoes mix between two medium oven proof ramekins and make a small well in the middle. Break an egg into the well in each ramekin.
5. Bake the shakshuka's in 200°C bottom top heat in the middle shelf of the oven for about 10 minutes. Keep an eye on them while you bake them in case you want the egg to be still a little runny. Check by shaking the ramekins lightly and if the egg is only partly shaky then you can remove it from the oven. If

you prefer the egg to be cooked through, then remove it only once the egg has set and doesn't move when you shake the ramekins.

6. While the shakshuka is baking you can make the garlic and herb yogurt dip. Press the garlic through a garlic press or dice it finely with a knife. Mix the yogurt with the garlic and herbs in a small bowl and season with some salt. This dip is optional, it is a great accompaniment to the shakshuka, but is not a must.
7. Allow the shakshuka's to cool for about 5-10 minutes after removing from the oven. Serve the warm shakshuka's with the garlic and herb yogurt dip and some soft white bread.

TIP. If your frying pan is oven proof you can bake the shakshuka right in the frying pan.

TIP. If you don't have all of the spices available you can use just the ones you have, it will not make a big difference and will still taste great.