

Food for Mood

Shakshuka

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon harissa (homemade, if you'd like)
- 2 teaspoons tomato paste
- 2 (2 cups / 300 grams) large red peppers, diced in 1/4-inch pieces
- 1 fennel
- ½ cup of frozen peas
- 1 bunch of spinach or kale, sliced into strips
- 4 cloves garlic, finely chopped
- 1 teaspoon ground cumin
- 5 cups (800 grams) very ripe tomatoes, chopped; canned are also fine – 400grams x 2
- 4 small eggs
- Salt + pepper



National Centre for
Integrative Medicine
Inspiring health and wellbeing



Food for Mood



Method

- In a large frying pan over medium heat, warm the olive oil and then add the harissa, tomato paste, red peppers, garlic, cumin, and 1/2 teaspoon salt. Sauté for about 10 minutes, until the peppers soften. Add the chopped tomatoes and frozen peas, bring to a gentle simmer, and cook for another 10 minutes, or until the sauce has thickened. Now add in the spinach to let it wilt in the sauce for a further 3 - 4 mins.
- Make 4 little dips in the sauce. Gently break the eggs and carefully pour each into its own dip. Use a fork to swirl the egg whites a little bit with the sauce, taking care not to break the yolks. Simmer gently for 8 to 10 minutes, until the egg whites are set but the yolks are still running. Remove from the heat, leave for a couple of minutes to settle, then spoon into individual plates and serve with the raita and flatbreads.



National Centre for
Integrative Medicine
Inspiring health and wellbeing



Food for Mood