

## Summer Shakshouka

**Season:** Summer/Autumn

**Makes:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** bay leaves, capsicums, chilli, coriander, eggs, garlic, onions, parsley, thyme, tomatoes

This tomato-based baked eggs dish is a staple in many Middle Eastern and North African countries and the word 'shakshouka' loosely translates as 'all mixed up' in Arabic.

**Note:** Any summer vegetable, such as zucchini and eggplants, can be added to this dish. Simply chop and add them at the same time as the capsicums.

### Equipment:

metric measuring spoons  
tea towel  
chopping board  
cook's knife  
deep frying pan with lid  
wooden spoon  
small bowl

### Ingredients:

4 tbsp olive oil  
2 onions, finely chopped  
2 cloves garlic, peeled and finely chopped  
4 red capsicums, de-seeded and thinly sliced  
1 long red chilli, finely chopped  
1 tsp ground cumin  
1 tsp smoked paprika  
8 tomatoes, chopped  
6 sprigs of thyme, leaves picked  
2 bay leaves  
1 handful of parsley, chopped  
1 handful of coriander, chopped  
salt  
freshly ground pepper  
6 eggs



### What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the deep frying pan over medium heat.
3. Cook the onions and garlic in the oil until golden.
4. Add the capsicum and continue to cook, stirring often, until the capsicums soften.
5. Add the chilli, cumin and smoked paprika and cook for 2 minutes or until aromatic.
6. Add the tomatoes, thyme and bay leaves. Cook, stirring occasionally, for about 10 minutes or until the sauce becomes rich and thick.

7. Stir in half the quantities of the chopped parsley and coriander (reserve the rest for garnish)
8. Season with salt and pepper to taste.
9. Make six small wells randomly in the surface of the sauce, using the back of the wooden spoon.
10. Crack an egg into the small bowl and pour into a well. Repeat with the remaining eggs.
11. Reduce the heat to low and place the lid on the frying pan. Cook for about 10 minutes until the egg whites are set but the yolks are still runny.
12. Sprinkle the shakshouka with the reserved chopped herbs before serving.

