

Shakshuka

Ingredients

- 2 tablespoons olive oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked or sweet paprika
- 1/4 teaspoon red pepper flakes, optional
- 1 can (28 ounces) crushed tomatoes
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 6 large eggs
- 1/4 cup crumbled feta cheese, optional
- 2 tablespoons chopped fresh parsley or cilantro

Instructions

1. Heat the olive oil in a large skillet over medium heat. Cook the onion and bell pepper for 5 to 7 minutes, until softened.
2. Stir in the garlic, cumin, paprika, and red pepper flakes. Cook for about 30 seconds.
3. Add the crushed tomatoes, salt, and black pepper. Bring to a gentle simmer.
4. Reduce the heat and simmer for 10 to 15 minutes, stirring occasionally, until the sauce thickens slightly.
5. Make 6 small wells in the sauce and crack one egg into each well.
6. Cover and cook for 5 to 8 minutes, until the whites are fully set and no longer translucent. For runny yolks, remove from the heat while the yolks are still glossy and slightly jiggly. Cook 1 to 2 minutes longer for firmer yolks.
7. Sprinkle with feta, if using, and fresh parsley or cilantro. Serve warm with pita, crusty bread, or toast.

Notes and Storage

- Crushed tomatoes give the sauce a smoother texture, while diced tomatoes can be used for a chunkier sauce.
- Adjust or omit the red pepper flakes depending on how much heat you prefer.
- Keep the heat gentle after adding the eggs so the bottoms do not overcook before the whites are set.
- Feta is optional but adds a salty, creamy finish.
- Store leftovers in an airtight container in the refrigerator for up to 3 days.
- Reheat gently in a covered skillet over low heat or in the microwave until warmed through.
- The yolks will become firmer when reheated.
- Freezing is not recommended because the cooked eggs can become rubbery after thawing.