Shakshuka, Middle Eastern Egg in Tomato sauce w/ Greens and Grains

SERVES 3 (2 EGGS EACH)

Instructions
1. Heat oven to 400 degrees
2. In a large pot, heat oil until shimmery and add onions and garlic into pot. Cook until onions begin to brown and caramelize. Stir bell peppers into onions; cook until bell peppers are soft, about 3 minutes.
3. Add spices and tomatoes into pot and stir well, bring to a broil, reduce to a simmer and cook for 10 minutes, stir in greens, grains, and 1/2 the parsley and/or cilantro.
4. Pour mixture into an oven safe baking dish and “dig” six holes, pushing the tomato mixture aside with a spoon. Cook in the oven for 10-15 minutes, depending on your desired “doneness.” Sprinkle with remaining cilantro and/or parsley, feta, and serve with bread.

Ingredients
2 teaspoons of grapeseed oil
1 cup of diced onion
1 tablespoon of roughly chopped garlic
1 red bell pepper, quartered and thinly sliced
1 tablespoon of smoked paprika
2 teaspoons of cumin seeds, toasted and grounded
1 teaspoon of coriander seeds, toasted and grounded
1 28oz can of crushed tomatoes
1 cup of roughly chopped greens like kale or spinach
3 cups of cooked grains like farro, quinoa, barley, wheat berries, etc
1/2 cup of Italian parsley and/or cilantro roughly chopped, half reserved for garnish
6 eggs
Bread to serve (optional)
3oz of crumbled feta (optional)

Created By:
Chef Jessica VanRoo
Culinary Education Director
UCI Campus Recreation
jvanroo@uci.edu