

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)

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