

Shakshuka Receptie

A delicious egg dish made in frying pan. It originally came from North Africa (Tunisia), and has quickly become a popular Middle Eastern dish, particularly in Israel and the Holy Land region.

Ingredients

- 1 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 clove garlic, minced
- 1 bell pepper, seeded and chopped
- 4 cups ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes
- 2 tbsp tomato paste
- 1 tsp mild chili powder
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper, or more to taste (careful, it's spicy!)
- Pinch of sugar (optional, to taste)
- Salt and pepper, to taste
- 6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)

