

Shakshuka Recipe

Easy shakshuka made with eggs that are gently poached in a simmering mixture of tomatoes, bell peppers, onions, and garlic. A few warm spices and some fresh herbs complete this satisfying one-skillet dish!

Prep Time 10 mins
Cook Time 30 mins
Total Time 30 mins

Course: Breakfast, Lunch Cuisine: Mediterranean, Middle Eastern, Tunisian Diet: Gluten Free, Vegetarian
Servings: 6 people (up to) Calories: 111kcal Author: Suzy Karadsheh

Ingredients

- [Extra virgin olive oil](#)
- 1 large yellow onion chopped
- 2 green peppers chopped
- 2 garlic cloves, chopped
- 1 teaspoon [ground coriander](#)
- 1 teaspoon [sweet paprika](#)
- ½ teaspoon [ground cumin](#)
- Pinch red pepper flakes optional
- Salt and pepper
- 6 medium tomatoes, chopped (about 6 cups chopped tomatoes)
- ½ cup tomato sauce
- 6 large eggs
- ¼ cup chopped fresh parsley leaves
- ¼ cup chopped fresh mint leaves

Instructions

1. Heat 3 tablespoon olive oil in a large cast iron skillet. Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 5 minutes.
2. Add the tomatoes and tomato sauce. Cover and let simmer for about 15 minutes. Uncover and cook a bit longer to allow the mixture to reduce and thicken. Taste and adjust the seasoning to your liking.
3. Using a wooden spoon, make 6 indentations, or "wells," in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
4. Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
5. Uncover and add the fresh parsley and mint. You can add more black pepper or crushed red pepper, if you like. Serve with warm [pita](#), [challah](#), or crusty bread of your choice.

Notes

- **Make Ahead Tip:** You can prepare the shakshuka tomato sauce one night in advance. Let cool completely, then store in the fridge in a tight lid glass container. When you are ready the next day, warm up the sauce in a skillet and add the eggs and follow the recipe from step #3 on.
- **Leftovers Storage:** Leftovers will keep for 1 to 2 days if stored properly in the fridge in tight-lid glass containers. Warm up over medium heat, adding a little more liquid to the shakshuka sauce if needed.