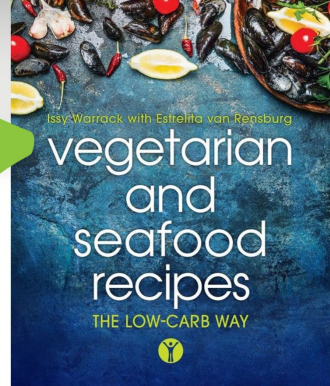




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Tunisian Chakchouka

fiery and garlicky



40 MIN



SERVES 2



NET CARB
11 g/serving



200°C
(400°F)

- 225g (1 cup) red/yellow peppers, sliced
- 15g (1 tbsp) red onion, sliced
- 110g (½ cup) aubergine (eggplant), sliced
- 170g (¾ cup) tomatoes, halved
- 2 cloves garlic, chopped
- ½ chilli, finely chopped
- 1 and ½ tsp Harissa paste
- 3 tbsp olive oil
- 1 tsp ground cumin
- 4 eggs
- salt and pepper

- 1 Place peppers, onion, aubergine, tomatoes, garlic and chilli in a roasting tray.
- 2 Mix harissa paste with olive oil and cover vegetables.
- 3 Sprinkle cumin on top.
- 4 Season with salt and pepper.
- 5 Roast at 200°C (400°F) for 20 min.
- 6 Remove tray from oven.
- 7 Make 4 indentations in the vegetable mixture.
- 8 Crack one egg into each and season with salt and pepper.
- 9 Reduce oven temp to 180°C (360°F) and bake for further 12 min.