

# Shakshuka Recipe (Easy & Traditional)

Shakshuka is a North African and Middle Eastern meal of poached eggs in a simmering tomato sauce with spices. It's easy, healthy and takes less than 30 minutes to make. **Watch the video above to see how quickly it comes together!**

PREP TIME: 10 mins    COOK TIME: 20 mins

TOTAL TIME: 30 mins

COURSE: Breakfast, Main Meal

CUISINE: Mediterranean, Middle Eastern

KEYWORD: shakshuka, Shakshuka recipe

SERVINGS: 6 servings    CALORIES: 122.2kcal

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4.93 from 98 votes

## Ingredients

- 1 medium onion diced
- 1 red bell pepper seeded and diced
- 4 garlic cloves finely chopped
- 2 tsp paprika
- 1 tsp cumin
- 1/4 tsp chili powder
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- salt and pepper to taste
- 1 small bunch fresh cilantro chopped
- 1 small bunch fresh parsley chopped

## Instructions

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Garnish with chopped cilantro and parsley.

## Notes

- If you're not dairy-free, crumbled feta or goat cheese on top is delicious addition. Traditionally it's also served with pita, but I love to serve it with slices of avocado.
- Many photos online show shakshuka cooked in a cast iron pan. Tomatoes are acidic and may erode the seasoning on your cast iron pan as well as dull the finish. You may also get a slight metallic flavor to the dish. So I recommend not taking any chances and cooking it in a stainless steel pan, like this beauty from All Clad.

## Nutrition

Calories: 122.2kcal | Carbohydrates: 9.7g | Protein: 8g | Fat: 5.4g | Saturated Fat: 1.6g |  
Cholesterol: 186.5mg | Sodium: 348mg | Fiber: 1.9g | Sugar: 5.5g