

Recipe 3



SHAKSHUKA TRAY BAKE CRUNCH

A new take on eggs and toast that you can have for breakfast, lunch or dinner. Frozen peppers come pre-sliced (and they're pocket friendly) so this couldn't be easier – or tastier!

Serves: 4

Done in: 45 minutes

Ingredients

- 4 slices of bread
- 2 tbsp vegetable oil
- 1 red onion
- 2 cloves of garlic
- 1 mug of frozen sliced mixed peppers
- ½ tsp ground cumin (optional)
- ½ tsp paprika or smoked paprika (optional)
- 1 tin of chopped tomatoes
- 4 medium eggs
- Salt and pepper



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Method

1

Pop the oven on at 200C.

2

Tear the bread into large bite sized pieces and put these on a roasting tray. Drizzle with 1 tbsp of the vegetable oil and a bit of salt and pepper, then give it a toss to coat the bread. Bake the bread in the hot oven for 10-12 minutes until it's crisp and golden brown. Once cooked, set aside.

3

Meanwhile, peel and roughly chop the onion and garlic and pop it in a high-sided roasting tin, or a small ovenproof dish. Tip in the frozen peppers and add a bit of salt and pepper. Drizzle over 1 tbsp of the vegetable oil and toss it all together. Pop the tin in the hot oven and cook for 10-12 minutes to soften the onion and pepper.

4

After this time, sprinkle over the cumin and paprika, if using, and pour in the tin of chopped tomatoes. Give it a stir and put it back in the oven for 15-20 minutes, until the sauce has thickened.

5

Take the tin out of the oven and give the sauce a good stir. Using a spoon, make 4 holes in the sauce and crack an egg into each one. Pop it back in the oven for a final 5-10 minutes until the eggs have just set but the yolks are still runny. Take the tin out of the oven and sprinkle over a bit of salt and pepper if you'd like. Scatter over the crunchy bread and dig in!