



Maggi

Rich tomato shakshuka with zucchini and feta



Ingredients

- 30 g Oil, Olive, Salad Or Cooking
- 150 g Onions, Raw
- 100 g Peppers, Sweet, Red, Raw
- 3 g Salt, Table
- 10 g Tomato Paste
- 600 g Tomatoes, Crushed, Canned
- 60 g MAGGI Chilli Original Sauce
- 40 g MAGGI Smoky BBQ Sauce
- 500 g Water, Tap, Drinking
- 10 Egg, Whole, Raw, Fresh
- 150 g Cheese, feta
- 5 g Parsley, Fresh
- 5 g Spices, cumin seed
- 400 g Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Instruction

1. In a saucepan, heat the olive oil over a medium heat.
2. Add zucchini noodles and fry for 5-8 minutes until the noodles begin to soften slightly.
3. Remove from the pan and set aside.
4. In the same pan add the onions and peppers and fry until the onions start to become translucent
5. Add the cumin, salt and tomato paste and fry for another 3-4 minutes to caramelize the tomato paste
6. Add the crushed tomatoes, chili sauce, BBQ sauce and water and bring to a simmer. Allow to simmer uncovered for 15-20 minutes over a low heat until the sauce reduces and starts to thicken.
7. Add the zucchini noodles back into the sauce and lower the heat.
8. Crack the eggs into the tomato sauce and immediately cover the pan. Cook until just set (approx. 5-10 minutes).
9. Remove from the heat and sprinkle the feta cheese and fresh parsley on top.

Nutrition

Carbohydrates	10.07 g
Energy	182.19 kcal
Fats	11.48 g
Protein	10.36 g

🕒 56 Minutes

⊕ 10 Portions