



ISRAEL

BREAKFAST

PRINTABLE RECIPE PDF

Israeli Shakshuka

Shakshuka is a dish that has its roots in North African cuisine, particularly Tunisian Jewish cuisine. It has become popular in Israel as a traditional

PREP

10 min

COOK

20 min

SERVINGS

2

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **2 tbsp** olive oil
- **1 medium** onion - finely chopped
- **1 medium** red bell pepper - finely chopped
- **2 cloves** garlic - minced
- **1 tsp** cumin - ground
- **1 tsp** paprika - smoked preferred
- **1 can** crushed tomatoes - approximately 400g
- **2 large** eggs
- **1 tbsp** fresh parsley - chopped, for garnish
- **feta cheese to taste** crumbled, optional

WHY THIS WORKS

About this recipe

A printable Israeli Shakshuka recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Shakshuka is a dish that has its roots in North African cuisine, particularly Tunisian Jewish cuisine. It has become popular in Israel as a traditional breakfast dish and is often enjoyed as a communal meal, epitomizing the rich blend

ORIGIN & TRADITION

Mediterranean context

Shakshuka is a dish that has its roots in North African cuisine, particularly Tunisian Jewish cuisine. It has become popular in Israel as a traditional breakfast dish and is often enjoyed as a communal meal, epitomizing the rich blend of flavors found in Mediterranean cooking.

METHOD

Step-by-step instructions

1

In a large skillet, heat the olive oil over medium heat. Add the chopped onion and bell pepper. Sauté for about 5-7 minutes until the vegetables soften.

2

Stir in the minced garlic and cook for an additional minute until fragrant.

3

Add the cumin and paprika, stirring to coat the vegetables. Cook for another minute allowing the spices to release their aroma.

4

Pour in the crushed tomatoes and season with salt and pepper. Stir to combine and let the mixture simmer for about 10 minutes, reducing slightly and thickening.

5

Make two small wells in the sauce and crack an egg into each well. Cover the skillet and cook for about 5-7 minutes or until the egg whites are set but the yolks are still runny.

6

Remove from heat, garnish with fresh parsley and crumbled feta cheese if desired. Serve immediately.

CHEF'S TIP

Ensure to cover the skillet after adding the eggs; this helps the whites set properly while keeping the yolks runny.

NUTRITION PER SERVING (EST.)

Calories	330 kcal	Fat	24 g
Protein	12 g	Fiber	5 g
Carbohydrates	20 g	Sodium	500 mg

SERVING SUGGESTION

Traditionally served with crusty bread or pita for dipping into the sauce and yolks. A side of fresh salad can complement the dish well.

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