

Shakshouka

Serves 4-6

Introduction from Chef Richard Blais

This is a simple dish, but a showstopper and a great option for breakfast, lunch or dinner. If you aren't a fan of sweet breakfasts and are over tacos and omelets, it's a must add to the repertoire. It's also a one pan dish, so easy to clean up.

Choosing the Right Salt

I'm using Morton® Fine Himalayan Pink Salt when blending this versatile egg mixture since the irregular shaped crystals dissolve quickly and evenly in the dish. For the finishing touches, I'll call upon Morton® Coarse Himalayan Pink Salt to take this to the next level, adding to the recipe both texturally and aesthetically with salt crystals that dissolve a little more slowly, ensuring your dish ends up evenly seasoned.

Ingredients:

1/2 cup olive oil
2 onions, chopped (about 3 cups)
4 red and or green bell peppers, sliced thick
6 garlic cloves, sliced
2 cups fresh spinach
4 tablespoons sweet paprika
2 teaspoons ground cumin
2 teaspoons ground coriander
1/4 teaspoon cinnamon
1 tablespoon Morton® Fine Himalayan Pink Salt and
1 teaspoon Morton® Coarse Himalayan Pink Salt
6 cups tomato puree
12 large eggs
1 jalapeño sliced
A handful of Fresh cilantro or parsley chopped
A handful of crumbled feta cheese
A handful of chopped olives

Directions:

1. Preheat oven to 375 degrees.
2. In a pan large enough for a dozen eggs, and suitable to spend time in the oven, cook the onions and peppers in olive oil on low heat until they begin to soften (approx. 5 minutes)
3. Add the garlic, Morton® Fine Himalayan Pink Salt and spices into the pan and cook for one more minute.
4. Gently pour the tomato purée into the pan and cook for 3-4 more minutes, add the spinach and at this point create 12 divots in the vegetable tomato sauce. These holes will be where the eggs go.

5. Gently crack the eggs and place them in the holes or “divots” and put the pan in the oven, for 20 minutes or until the eggs are to your liking.
6. Remove the hot pan and finish with garnishes. Morton® Coarse Himalayan Pink Salt is a must, along with cilantro or parsley, feta cheese, and the jalapeños.

Tips to Erase Food Waste:

Shakshouka is a great way to incorporate some odds and ends from the fridge. In my fridge, there’s always a half a pepper, some aging parsley, or a half an onion laying around. They are great for tossing together a shakshouka. Not to mention, this base recipe provides room to explore adding other things – if you have kale, chickpeas or any bits of breakfast meats in hanging around your fridge.