Spinach and Chickpea Tomato Shakshuka

2 bowls with 2 eggs each · Active 15 min · Total 40 min

Skills: Easy

Ingredients

- 2 teaspoons olive oil (10 ml)
- 1 small onion, finely chopped (100 g)
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1 can chopped tomatoes (14.5 oz/411 g)
- 1 can chickpeas (15 oz/425 g), drained and rinsed
- 1/4 teaspoon fine salt
- 2 packed cups baby spinach (60 g)
- 4 large eggs
- 2 tablespoons chopped parsley
- 2 slices bread, to serve

Set out

10-inch skillet with lid, Wooden spoon, Small cup, Food thermometer

Allergens

Egg, Wheat. Check labels and substitutions.

Make it

1. Warm the oil in the skillet over medium heat. Cook the onion for 5 minutes, stirring, until softened. Add garlic, cumin and smoked paprika and stir for 30 seconds.

2. Add tomatoes, chickpeas and salt. Simmer uncovered over medium-low heat for 8–10 minutes, stirring occasionally, until noticeably thick.

3. Fold in the spinach and cook for 1–2 minutes, until wilted. Make four shallow wells in the sauce.

4. Crack the eggs into a cup one at a time and slide each into a well. Cover and cook over low heat for 6–9 minutes, until whites and yolks are firm; the egg mixture should reach 160°F/71°C.

5. Sprinkle with parsley and serve two eggs with half the sauce per person, with bread alongside.

Prepare the useful part ahead

The chickpea-tomato base can be made on a day off. Reheat it thoroughly to 165°F/74°C in the skillet before adding fresh eggs, then follow the covered cooking stage. This shortens the work without asking cooked eggs to survive repeated reheating.

A useful detail

If your lid does not fit snugly, the eggs may take longer. Keep the heat gentle and check the pan still has sauce beneath them.

Keep it well

Refrigerate leftovers within 2 hours, or 1 hour above 90°F/32°C, in a shallow covered container at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C. For better cooked-ahead texture, refrigerate the sauce separately and cook fresh eggs when serving.