

# Green shakshuka

Preparation time

10 minutes

Cooking time

20 minutes

Serves

2

Recipe courtesy of

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Ingredients

Method

Nutrition

2 tbsp extra virgin olive oil

1 leek, halved and sliced

3 small zucchini, sliced

2 packed cups kale leaves, roughly chopped

1/4 tsp ground cumin

1/2 tsp sea salt

1/2 cup reduced-salt vegetable stock

4 eggs

1/2 tsp za'atar

Freshly ground pepper to taste

40g chevre or goat's feta

Small handful of fresh coriander or parsley leaves

2 wholemeal pita bread

1. Heat olive oil in a large saucepan at medium-high heat. Add leek and cook for 2-3 minutes, stirring often.
2. Add zucchini and cook stirring often until soft and lightly browned, about 5-7 minutes.
3. Add kale, cumin and salt, stir to mix. Let kale wilt for a minute or so, add vegetable stock and cook for another minute.
4. Make 4 shallow holes in the vegetable mix and crack eggs in them. Cover pan with a lid and cook until the whites are set.
5. Season with za'atar and pepper to taste, crumble cheese on top and garnish with fresh coriander or parsley. Serve with bread.

Nutritional information is provided per serve

|               |        |
|---------------|--------|
| Engery        | 2704kj |
| Protein       | 27g    |
| Saturated Fat | 10g    |
| Total Fat     | 40g    |
| Carbohydrates | 39g    |
| Sugars        | 9g     |
| Dietary Fibre | 10g    |
| Sodium        | 1338mg |