

Green Shakshuka

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Green Shakshuka

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Green Shakshuka



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Lola Berry shares her green version of shakshuka, a traditional Middle Eastern. It's perfect for lunch or dinner and filled with nutrients.

Ingredients (serves 2)

- 2 tbsp extra-virgin olive oil
- 1 onion, diced
- 1 garlic clove, diced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 cups finely chopped broccoli florets
- 3 big handfuls baby spinach leaves
- 4 eggs
- ½ cup (100 g) crumbled feta
- ½ avocado, diced
- A handful or micro coriander shoots (or any edible herb or petal)
- Salt flakes and freshly ground black pepper

Method

Heat the oil in a large frying pan over a medium heat. Add the onion and garlic and sauté for two to

three minutes, or until the onion is translucent. Stir in the spices and cook for 1 minute.

Add the broccoli and sauté for 1 minute or until it turns bright green (it might take longer depending on how finely you chop it).

Add the spinach and stir it around for 1 minute, or until it just begins to wilt. Now make four little indentations in the mixture and crack an egg into each one.

Cook for five minutes or until the eggs are poached. (Pop a lid on for 1 to 2 minutes if you want to speed things up.) Remove from the heat, sprinkle over the feta, avocado and herbs, and season with salt and pepper. Tuck in!

Recipe by: [Lola Berry](#)

NEXT: For more healthy goodness try this [black bean crust pizza](#).

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