

Shakshuka on Flatbread

Serves 2

Hands-on Time 10 minutes

Cooking Time 23 minutes

Ingredients

1/2 tbsp Olive oil
1 Garlic clove
Root ginger, thumb-sized amount
1/2 tsp Smoked paprika
1/2 tsp Ground coriander
1 tsp Ground cumin
1 tin of 400g Tomatoes, chopped
1/2 tsp Fine salt
1 tsp Dried oregano
2 Flatbread
2 Eggs (medium)
100g Greek yoghurt

Equipment

Saucepan with lid
Teaspoon
Micro-grater
Wooden spoon
Baking sheet

Preheat the oven to 210°C/190°C(Fan)/410°F/Gas mark 6.

Pour the oil into the saucepan.

Peel the garlic and ginger. I find its best to peel ginger using a teaspoon.

Grate both into the pan.

Place the pan over a medium-low heat and stir for a couple of minutes until the garlic and ginger have softened. Be careful they don't brown too much.

Add the spices and give another stir for a minute.

Add the tomatoes, salt, and oregano. Give another stir. Turn the heat up to high and cover with a lid. This will protect your kitchen from tomato splatter.

Leave the spoon in the pan so you have a bit of a vent.

As soon as you hear the tomatoes bubbling turn the heat down to low and give a quick stir.

Leave the tomatoes to bubble away for 10 minutes, stirring occasionally.

Once the time is up, remove the pan from the heat. Take off the lid and give one more stir.

Place your flatbreads onto the baking sheet.

Spread the tomatoes over the top of the bread, ensuring you make a wall around the edge of the bread so your eggs have somewhere to nest in the middle and no egg whites can escape.

Break your eggs into the nest you've made.

Pop the tray into the oven for 10-12 minutes.

Check on them after 9 minutes. You should know if they're done by giving the tray a gentle shake. If the whites of the eggs slosh more than wobble then they're not baked enough.

Once you're happy with the eggs, remove from the oven.

Dollop greek yoghurt onto the tomato and smear a little with the back of a spoon.

Plate up!

Enjoy!