

Lentils for Life Cooking Session



Lentil Shakshuka

INGREDIENTS

- 1/2 red onion
- 1 pepper
- 1 tbsp oil
- 1/2 tsp chilli powder
- 1 tin chopped tomatoes
- 1/2 tin green lentils
- 2 eggs

NOTES

This is lovely served with some hot toast or fresh crusty bread. You can also use spices such as mixed herbs, paprika, cumin or chilli flakes to suit your own taste preferences. Sprinkle with chopped basil/parsley and feta to make it really special.

DIRECTIONS

1. Slice the onions and chop the peppers.
2. Heat the oil and fry the onions and peppers until softened.
3. Add the chilli powder and stir for a few minutes.
4. Add the tinned tomatoes and the rinsed and drained lentils and simmer for 10 minutes.
5. Make 2 wells in the sauce and break in the eggs.
6. Cover with a lid (or make one with foil) and continue to simmer for about 5 minutes until the eggs are cooked through.
7. Season to taste.

2 servings
245 kcals/portion
8g Fibre/portion

