



Baked Shakshuka With Butter Beans.

This one-pot wonder serves as the ideal comforting & versatile meal, perfect for sharing with loved ones during a casual weekend brunch or as a earthy evening supper.



Serves 2.

Ingredients.

- 80ml olive oil
- 1/2 red onion, chopped
- 1/2 red pepper, chopped
- 1/2 aubergine, chopped
- 1 x 400g tin of tomatoes
- 230g tinned butter beans,
- 4 sundried tomatoes
- 1/2 teaspoon sweet paprika
- pinch of cayenne pepper
- pink Himalayan salt & black pepper, to taste

To Serve:

- good-quality bread
- 1 avocado, sliced
- dollops of plant yoghurt
- handful of fresh basil
- lemon wedges
- a few cherry tomatoes to garnish (optional)
- a few endive leaves to garnish (optional)

Instructions.

- In a medium pan, heat the oil & fry the onion, pepper & aubergine with a tiny pinch of salt for 10–15 minutes. It is important you use a good amount of oil here to get it going & to make sure that the veggies soften properly.
- Then add the tomatoes, beans, sun-dried tomatoes & all the spices and seasoning, give it a good stir & leave on medium heat, covered, for 10 minutes.
- Check on the mixture when the time is up, stir & leave for another 10 minutes.
- By now the shakshuka should be done, the liquid should have mostly cooked off & turned sticky & there should be a gorgeous smokey mixture in your pan.
- Serve immediately from the pan with a good sprinkle of fresh basil, avocado slices, cherry tomatoes, endive leaves, homemade bread for dipping, with some plant yoghurt & lemon wedges to squeeze over.

