

TASTE WITHOUT WASTE

Chakchouka

Serves four.

Ingredients

2 tbsp olive oil
½ tsp cumin seeds
1 onion, thinly sliced
½ red capsicum, cut into thin strips
2 large field mushrooms, halved and cut into ½ cm thick strips
½ tsp paprika
¼ tsp dried oregano
2 tbsp tomato paste
400g can chopped tomatoes
Splash red wine
400g can cannellini beans, drained and rinsed
Dash of Tabasco
4 eggs
Salt and pepper

To serve (optional):

Avocado
Crusty bread
Green salad
Feta cheese, crumbled or parmesan, shaved

Method:

Preheat oven to 180C. In a large frypan heat the oil and fry the cumin seeds for a minute or until fragrant. Add the onion and sweat gently for approximately seven minutes, or until soft and golden.

Add the capsicum and sauté for three minutes, then add the mushrooms and cook for a further five minutes or until they begin to release their juices.

Stir in the paprika, oregano and tomato paste and cook for two minutes, stirring constantly, to caramelise. Now tip in the chopped tomatoes, red wine and tabasco. Stir well and simmer for a few minutes to reduce slightly.

Stir through the cannellini beans, cover and cook for five minutes. Season well with salt and pepper. Taste and adjust accordingly. If your frypan is not oven-proof, transfer to a baking dish.

Make four indents in the bean mixture. Crack the eggs, one by one into a cup or small bowl and then tip into an indent. Sprinkle with extra salt and pepper and bake for ten minutes or until the whites are just set.

Let stand for two minutes and then serve with any of the above accompaniments.

Source: Adapted from River Cottage Veg: Everyday

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