

Spicy Bean and Egg Shakshuka

This African-inspired dish marries the rich flavors of spiced beans and poached eggs in a vibrant tomato sauce. Perfect for a hearty breakfast or a fulfilling dinner, it's packed with protein and nutrients.



Main Dish

African

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup cooked black beans
- 1 large egg
- 1 medium tomato, diced
- 1/4 onion, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- Salt and pepper to taste
- 1 tablespoon olive oil
- Fresh cilantro for garnish (optional)

Steps

- 1 Heat olive oil in a small skillet over medium heat.
- 2 Add the chopped onion and sauté until translucent, about 3-4 minutes.
- 3 Stir in the garlic, cumin, paprika, and chili powder, cooking for another minute until fragrant.
- 4 Add the diced tomato and cooked black beans, mixing well. Season with salt and pepper. Cook for about 5 minutes until heated through.
- 5 Create a small well in the mixture and crack the egg into it. Cover the skillet and let it cook for about 5-7 minutes, or until the egg whites are set but the yolk is still runny.
- 6 Remove from heat and garnish with fresh cilantro if desired. Serve immediately.