

Mushroom and Brussel Sprout Shakshuka

Calories: 175 kcal

Servings: 2

Time: 0 Mins

Ingredients

- 1.00 tsp All Purpose Seasoning
- 2.00 tbsp Apple Cider Vinegar
- 10.00 g Basil (to garnish)
- 80.00 g Brussel Sprouts (sliced)
- 10.00 g Cheese (Parmesan)
- 0.50 tsp Chili Flakes (optional)
- 4.00 whole Eggs
- 4.00 tsp Extra Virgin Olive Oil
- 2.00 tsp Flaxseed Oil
- 2.00 clove Garlic (crushed)
- 1.00 tbsp Lemon Juice
- 1.00 tsp Paprika Powder
- 400.00 ml Passata (tomato cooking sauce)
- 0.50 small Red Onions (finely sliced)
- 2.00 g Salt and Pepper (to season)
- 60.00 g Swiss brown mushrooms (diced)

Instructions

1. Preheat oven to 220°C (425°F).
2. Heat 2 tsp of extra virgin olive oil and flaxseed oil in a pan over medium to high heat.
3. Add red onion, crushed garlic, tomato passata sauce, paprika, all purpose seasoning, salt and pepper, apple cider vinegar and lemon juice. Cover pan and simmer for 5 minutes.
4. Pour this cooked sauce mixture from the pan into two oven proof bowls. Crack two eggs into each of the sauce bowls, then place in the oven to cook for 15-20 minutes.
5. While the eggs are cooking, add 2 tsp of extra virgin olive oil to a clean pan. Add sliced field mushrooms and brussel sprouts, chilli flakes and a dash of apple cider vinegar.
6. Cook for 2-3 minutes until sautéed. Add salt and pepper to season. Set aside.

7. Take the bowls out of the oven. Add the sautéed brussel sprouts and mushrooms on top of the sautéed eggs.
8. Top with parmesan cheese, salt and pepper, a squeeze of lemon and fresh basil leaves. Serve hot.