

CO-OP MEALS

Dinner in 30

Shakshuka with Yogurt

Recipe by Claire Saffitz from Bonappetit.com
Serves 4

Shopping List:

- 2 shallots
- 16-ounce jar roasted red peppers
- 28-ounce can whole peeled tomatoes
- Crusty bread (for serving)
- Fresh mint leaves (for serving)

Pantry items:

- Whole coriander seeds
- Whole cumin seeds
- 6 cloves garlic
- Olive oil
- 4 large eggs
- ½ cup plain Greek yogurt

Prep:

Thinly slice 2 of the garlic cloves and half of a shallot and set aside together in a small Pyrex bowl.

Place seeds in small piles on a large cutting board and use the flat bottom of a medium skillet to crush. This may take several rounds with re-positioning in between. No whole seeds should remain. Add to the bowl with onion and shallot.

Finely dice remaining garlic cloves and shallots. Strain peppers, chop, and set all these aside.

Cook:

Combine ¼ cup of olive oil with the garlic/shallot/spice mixture in the medium skillet used to crush the seeds. Cook on medium heat and stir until fragrant and golden brown, about 3-5 minutes.

Quickly strain this oil mixture back into the Pyrex bowl. Add oil back to the skillet and set seed mixture aside.

Add remaining raw garlic and shallots to the skillet and cook over low heat until soft and translucent. (OVER)

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

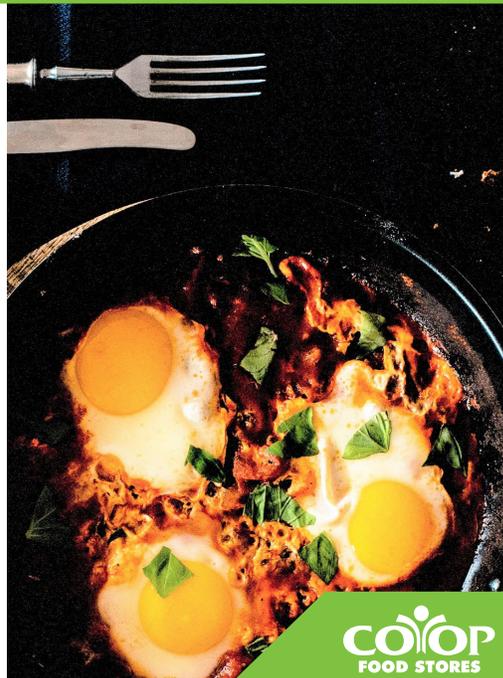
Cook, continued:

Add peppers to the skillet and stir. Lift individual tomatoes out of the can, squeeze to crush, and add to pan (leave extra juice behind in the can). Season with salt and pepper, stir to combine, and cook about 10-12 minutes.

Reduce heat to low. Using a large spoon, make four 2 inch wide indents and crack an egg in each. Cover and cook on low heat for 7-10 minutes, or until whites are just cooked and yolks are still jammy.

Serve:

Top with dollops of yogurt, garnish with seed mixture, roughly chopped mint, and olive oil drizzle to taste. Serve with crusty bread.



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