

Middle Eastern Tomato & Pepper Shakshuka

Middle Eastern tomato sauce with bell peppers and eggs —known as shakshuka in Israel—is one of our favorite dinners. We're serving ours with warm pita and Zhoug, a zesty cilantro sauce. It's a cross-cultural dinner we just love.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets (one with a cover)

FROM YOUR PANTRY

Eggs (2 per serving)
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Grape Tomatoes
Garbanzo Beans, Garlic,
& Onion
Bell Peppers
Seasoned Tomato
Sauce
Zhoug (green cilantro
spread)
Pita Bread

Good to Know

This Israeli staple is eaten for breakfast, lunch or dinner throughout the country.

Health snapshot per serving – 575 Calories, 29g Protein, 15g Fat, 86g carbs, 8 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tomato, Bell Peppers, Garbanzo Beans, Red Onion, Cilantro, Pita Bread, Garlic, Parsley, Jalapeño, Cumin, Vinegar, Clove Cardamom, Olive Oil, Sugar, Kosher Salt.

meez meals

1. Sauté The Vegetables

Heat 2 Tbsp olive oil in a large skillet over medium-high heat.

Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Pour the entire contents of the ziplock bag into the skillet and cook until the tomatoes turn bright red and soften, about 5 minutes.

Add the **Garbanzo Beans, Garlic, & Onion** and **Bell Peppers** and cook until the onions are translucent, and the peppers start to char, about 3 to 4 minutes.

2. Make The Sauce and Cook The Eggs

Add the **Seasoned Tomato Sauce** and 2 Tbsp of the **Zhoug (green cilantro spread)** to the skillet and bring to a boil.

Reduce the heat to medium and create 4 evenly spaced "holes" in the sauce for the eggs to cook in. Crack one egg into each of the "holes" and sprinkle salt and pepper over each egg.

Cover and simmer until the eggs have set and sauce has reduced, about 5 minutes. Remove from heat and let cool for at least 5 minutes.

3. Warm the Pita

While the Shakshuka is cooling, heat a second skillet over medium-high heat. Warm each **Pita Bread** for about 30 seconds on each side. If you have a toaster oven you can toast the pita if you prefer.

4. Putting It All Together

Spoon the Shakshuka into serving bowls and spread the remaining Zhoug (green cilantro spread) on top. Use the pita for dipping into the sauce to enjoy every little bit!

Simmer for only a couple minutes if you prefer your eggs runny or longer a fully poached egg. Remember that the eggs will continue to cook after removing from the heat.

If you don't have a skillet with a cover, you can use a baking sheet on top.

Instructions for two servings.

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