

All About ...Breakfast Eggs SHAKSHUKA

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 1½ tbsp olive oil • 1 large onion, diced • 2 green capsicum, chopped • 2 garlic cloves, minced • 10g Mediterranean Spice Mix • 822g whole peeled tomatoes, canned • 2 pinch of salt, lower sodium (1.0g) • 4 eggs, large <p>Mediterranean Spice Mix (10g):</p> <ul style="list-style-type: none"> • ½ tsp coriander powder, 1 tsp paprika powder & ½ tsp cumin powder <p>Optional Ingredients:</p> <ul style="list-style-type: none"> • Chili flakes, to be added with salt 	Energy (kcal)	236
	Carbohydrate (g)	16
	Protein (g)	12
	Fat (g)	12
	• Saturated Fat (g)	>2.3
	• Polyunsaturated Fat (g)	>1.4
	• Monounsaturated Fat (g)	>6.9
	Cholesterol (mg)	239
	Dietary Fibre (g)	6.5
	Sodium (mg)	>433
	Potassium (mg)	>798
	Phosphate (mg)	>142

Methods

1. In a sauté pan, heat up olive oil on medium heat.
2. Add in chopped onions and capsicum and cook for 5 minutes or until onions are translucent.
3. Add in garlic cloves and spice mix and cook for an addition of 2 mins.
4. Add in canned tomatoes (with its juice) and break down the tomato using a large spoon or scissors.
5. Add salt and bring the sauce to a simmer until it starts to thicken.
6. Make 4 wells in the tomato sauce and filling each well with an egg.
7. Cover the pan and let it simmer 5 minutes, or until the egg are done to your liking.
8. Serve hot with toasted wholemeal bread to make it into a balanced meal.

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