

Recipes and Tips



Green Shashuka

This is a recipe that isn't a recipe, as long as the vegetables are 'green', put in what you have or what you like.

Serving 2

2 tablespoons olive oil
45 gr shredded Brussel sprouts
1 large courgette grated
½ a head of broccoli cut into small pieces
1 green bell pepper, chopped
an onion, diced
1 stick of celery, cut into thin pieces
1 clove garlic, finely chopped
200 ml of vegetable or chicken stock

Salt and pepper

Pour the olive oil into a large frying pan that has a lid. Place over a medium heat. Once the oil is hot, add the sliced onion and cook, stirring, for five minutes or until soft and translucent.

Add the garlic, stir for a minute and then add the other vegetables and some salt and pepper. Cook for 5 minutes, moving the vegetables arounds.

Then add the stock, bring to a gentle simmer then place a lid over the pan. Cook for 5 minutes or until the broccoli is just tender. Create 2 wells within the mixture and crack an egg into each one. Cover the pan with a lid and cook for a further ten minutes or until the eggs are cooked to the consistence that you prefer.

Serve, accompanied by bread or rice.