Shake Shake Shake Shakshuka...

Serves 2

Ingredients

- o   1 medium zucchini
- o   1 TBS Coconut oil
- o   1 onion, diced
- o   2 cloves garlic, minced
- o   1 tsp ground cumin
- o   2-4 handfuls of spinach
- o   1 handful of parsley
- o   2-4 TBS coconut milk
- o   1 TBS harissa paste
- o   1 green bell pepper, sliced
- o   1 cup frozen organic green peas
- o   4 eggs
- o   Optional: avocado and cilantro for garnish

Directions

1. Heat half of the coconut oil in a large frying pan, over medium heat, and sauté the onions and garlic for about 10 minutes, until soft.

2. Season with cumin and salt to taste, then cook for another 2 mins.

3. Next, transfer the onion into a food processor along with the spinach, parsley, almond milk and harissa paste. Season with freshly ground black pepper, and blend until smooth.

4. Using the same pan, heat the remaining oil and fry the pepper for about 5 minutes, until charred.

5. Pour in the spinach sauce and add the peas. Cook for about 5 minutes until peas are defrosted.

6. Use a wooden spoon to make 4 pockets in the sauce and break an egg into each one. Cook for another 10 minutes, or until the eggs are set. Cover with a lid to speed up the process.

7. Serve seasoned with salt and freshly ground black pepper and garnish with cilantro, parsley, and/or avocado.