



## Ingredients

- 2 tablespoons Olive Oil
- 1 large onion, diced
- 1 red peppers, diced
- 230 g drained canned kidney beans
- 4 Eggs
- 1 avocado, stone removed and sliced
- 1 packet Maggi Air Fryer Shawarma Seasoning
- 1 tablespoon Tomato Puree
- 800 g chopped plum tomatoes
- 2 sprigs fresh parsley, chopped
- 4 slices Sourdough French Bread
- 25 g Feta cheese, crumbled (optional)

## Instructions

1. Sauté the onion for 2 minutes and then add the pepper and cook until slightly charred. Add the Maggi Air Fryer Shawarma seasoning and stir through, sizzle for a further 1-2 minutes. Add the chopped tomatoes, tomato puree and a splash of water. Let the mixture simmer until it has the desired thickness - about 10 minutes.
2. Add the drained kidney beans and stir into the sauce, heat through. Then make some holes for the eggs, and crack them open directly onto the sauce. Then cover with a lid and simmer for 10 minutes until cooked.
3. Serve the shakshuka with a few slices of avocado and top with fresh parsley - or coriander if you have it. Toast the sourdough to dunk in your sauce or you can serve the shakshuka on the toast if you like! Tip For a variation you could add some diced courgettes or aubergines and fry with the onion.

### Nutrition

Carbohydrate	25.97 g
Energy	268.89 kcal
Fat	12.99 g
Fibre	8.7 g
Protein	13.57 g
of which: saturates	2.83 g
Sodium	812.71 mg
of which: sugars	9.45 g

🕒 30 Minutes

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