



The recipe we originally found had no Onions in it. This dish was outstanding after we tinkered with it a little.

Ingredients:-

For the meatballs:-

400g of Minced Lamb
1/2 a Tsp Fennels Seeds
1/4 a Tsp Paprika
1/4 of a Tsp Cinnamon
1/4 of a Tsp Coriander
A Pinch Chilli Flakes
2 Tbsp of chopped fresh Parsley
Salt & Pepper to season

For the Shakshuka:-

1 Medium Onion, finely chopped
2 of Tbsp Olive Oil
3 Cloves of Garlic, minced
1 Tbsp of Tomato Puree
1 Tbsp of Paprika
1 Tsp of Cumin
A pinch of Fennels Seeds

A Tin of Chopped Tomatoes
4 Large Eggs
225g of fresh Spinach
Salt & Pepper to season

Method:-

- (1) In a medium bowl, combine spices for Lamb meatballs. Add Lamb and mix very well. Roll Lamb into small meatballs.
- (2) Add 1 Tbsp oil to a large pan over medium heat. Brown meatballs on all sides, for around 2-3 minutes. Remove from pan and set aside. (Leave liquid and lamb bits in the bottom of the pan for flavour).
- (3) Add another Tbsp Oil to the pan. Add the Onion and Garlic and cook 1 minute, scraping brown lamb bits off the bottom. Add tomato paste and the Spices and continue to cook for 3-4 minutes until fragrant.
- (4) Add the tin of Tomatoes and Meatballs and simmer covered over low-medium heat for 15 minutes. After 15 minutes, add the Spinach on top and cook for another 3-4 minutes until spinach has wilted completely, stirring occasionally.
- (5) When sauce has thickened slightly, crack your Eggs and gently add over tomato sauce. Cover and cook 3-5 minutes, until whites have set and yolks are still runny.
- (6) Drizzle tahini over the top and sprinkle with fresh parsley.

We understand that the foundation of the dish was created in North Africa in the mid-16th century, as a breakfast meal. It's been adopted and modified by many cultures and not without good reason. We'll certainly be doing this one again!