Egg Moqueca (Brazilian-Style Baked Eggs)

Eggs poached directly in a sweet pepper and tomato sauce — a Brazilian take on shakshuka.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 1 tbsp olive oil
- 1 clove garlic (chopped)
- 0.5 small red pepper (sliced)
- 1 tomato (chopped)
- 150 ml passata
- 1 handful fresh coriander
- 1 tsp sea salt
- 1 small onion (sliced)
- 4 eggs

Method

1. Heat the oil in a large pan and cook the garlic and onion until soft.
2. Add the pepper and tomato and cook until starting to soften.
3. Stir in the passata and simmer until it thickens slightly.
4. Make four wells in the sauce with a spoon and crack an egg into each.
5. Cover and cook over a low heat until the eggs are done to your liking. Season and scatter with coriander.

Tips & swaps

- Serve straight from the pan with crusty bread to mop up the sauce.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
160	**10g**	**8g**	**10g**	**2g**

Estimated values, for guidance only. Contains: Egg.