THE LIGHTER PLATE METHOD

Green Shakshuka with Courgette & Spinach

A verdant twist on shakshuka, all soft greens, cumin warmth and just-set eggs.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**17 min**	**25 min**	**2**	**MEDIUM**

Ingredients

- 1 courgette (coarsely grated)
- 150 g baby spinach
- 4 eggs
- 4 spring onions (sliced)
- 1 tsp ground cumin
- 60 g feta
- 2 tbsp olive oil

Method

1. Heat the oil in a lidded frying pan over a medium heat. Cook the spring onions for 2 minutes.
2. Add the courgette and cumin and cook for 6 minutes, stirring, until the courgette has softened and the liquid has cooked off.
3. Add the spinach a handful at a time until it has all wilted. Season well.
4. Make four dips in the greens, crack in the eggs and crumble over the feta.
5. Cover and cook over a low heat for 7–8 minutes, until the whites are just set.

Tips & swaps

- Squeeze the grated courgette in your hands before it goes in the pan. Less water means the base stays a sauce rather than a puddle.

Storage & reheating

Best eaten fresh from the pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**17g**	**6g**	**19g**	**3g**

Estimated values, for guidance only. Contains: Egg, Milk.