TURKISH · BREAKFAST · LUNCH · DINNER

Turkish-Style Shakshuka

30 min · Serves 2 · 460 kcal a serve · Video 12:14 · Refika's Kitchen

Vegetarian · Gluten-free ingredients · No nuts listed

Two eggs per serve give complete protein and plenty of selenium and vitamin B12, and the fresh tomato and pepper base is very high in vitamin C, with no added sugar.

Diet notes: Paleo with a swap: ghee instead of the butter.

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Ingredients 13 · SERVES 2

- [ ] 2 tbsp **butter**
- [ ] 2 tbsp **olive oil**
- [ ] 1 medium **onion**, diced
- [ ] 2 large **garlic** cloves, chopped
- [ ] 2 **long green peppers** (Turkish sivri, or 1 green bell pepper), diced
- [ ] 3 **tomatoes**, peeled and diced
- [ ] 5 pinches of **salt** (4 during cooking, 1 on the whites)
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **dried thyme**
- [ ] ½ tsp **red pepper flakes** (optional)
- [ ] 4 **eggs**
- [ ] **black pepper**, to garnish
- [ ] a few coriander (or parsley) leaves, to garnish

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt the butter with the olive oil in a pan that heats and cools quickly (copper or enamel rather than cast iron). Add the onion with a pinch of salt, stir, cover and cook over medium heat 3–4 minutes so it softens without browning. 1:25
2. Stir in the garlic and cook, covered, 1–1½ minutes more. Add the green peppers with a pinch of salt, cover and let them soften on low heat for a few minutes. 3:10
3. Add the diced tomatoes and another pinch of salt. Raise the heat briefly so the edges sizzle, then cover and simmer 4–5 minutes until soft. 5:36
4. Season with cumin, thyme and red pepper flakes if using, then gently crush the mixture with a potato masher or fork so it is saucy but still textured. 7:35
5. Turn off the heat, make four wells and crack in the eggs. Salt the whites and swirl them lightly into the sauce with two forks, leaving the yolks whole. 8:52
6. Cover and cook on high for 1½–2 minutes until the whites are set and the yolks still creamy. Finish with black pepper and coriander and serve from the pan with bread for dipping. 9:29

> **Tip** Serves 2 is our estimate (4 eggs). Peel the tomatoes by scoring them and dipping in boiling water for 30 seconds. Grate a little white cheese (feta) on top if you like, and serve with wholegrain bread.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
460 kcal	16 g	20 g	4.9 g	36 g	720 mg
1,920 kJ	32% of a day	15 g net · 10 g sugars	18% of a day	12 g saturated	31% of a day
		7% of a day		46% of a day	

Energy from net carbs 13% · protein 14% · fat 73% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 82% · Selenium 58% · Vitamin B12 47% · Vitamin A 39% · Vitamin E 32% · Vitamin K 32% · Vitamin B6 32% · Folate 24%

Source of (10–19%) Potassium 18% · Iron 16% · Zinc 16% · Omega-3 14% · Magnesium 12% · Vitamin D 12%

Recipe and video: Refika's Kitchen (@Refika) on YouTube — youtube.com/watch?v=Uow78qBAWRk, published 12 April 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/refika-turkish-shakshuka