


Shakshuka For One

 Ready in 35 minutes



Meal Type:
DINNER (PROTEIN/VEG/FAT)

Preparation Difficulty:
MEDIUM

Program Phase:
ALL PHASES

Preparation Time:
PREP: 10 minutes
COOK: 25 minutes



ADAPTED FROM: byames.com


INGREDIENTS (3-4 SERVINGS):

1-2 links turkey sausage (female) OR 2-3 links (male)
1 large diced tomato
1 medium diced bell pepper (any color)
1/2 a diced white onion
2 whole eggs
Cooking spray (olive, avocado or coconut)
1/4 cup tomato sauce (can sub 2 tbsp tomato paste)
1 clove minced garlic (1 tsp if you're using pre-minced garlic)
1/2 tsp paprika
1/2 tsp cumin
1/4 tsp salt
Pinch of cayenne pepper for a kick

1. Spray a medium pan with cooking spray and heat over medium heat. Add in sausage links and cook, flipping occasionally for about 12 mins until no longer pink (use a heat thermometer to check they're fully cooked by inserting the thermometer on the side of the sausage ensuring the temperature of the sausage has reached 165 degrees F). Put sausage to the side.
2. Spray a medium skillet pan with cooking spray and heat on medium for about 1 minute.
3. To the pan, add the bell pepper and onion. Sauté until soft, about 5 minutes, tossing every minute.
4. After the veggies are soft, add the paprika, cumin, salt, and cayenne. Sauté for 30-60 seconds or until garlic is fragrant.
5. Once the garlic is fragrant, add the diced tomato and tomato sauce to the pan and turn the heat down to a little less than medium.

#EATGOODFEELGOOD

Shakshuka For One

 Ready in 35 minutes



Meal Type:
DINNER (PROTEIN/VEG/FAT)

Preparation Difficulty:
MEDIUM

Program Phase:
ALL PHASES

Preparation Time:
PREP: 10 minutes
COOK: 25 minutes



ADAPTED FROM: byames.com

INGREDIENTS (3-4 SERVINGS):

- 1-2 links turkey sausage (female) OR 2-3 links (male)
- 1 large diced tomato
- 1 medium diced bell pepper (any color)
- 1/2 a diced white onion
- 2 whole eggs
- Cooking spray (olive, avocado or coconut)
- 1/4 cup tomato sauce (can sub 2 tbsp tomato paste)
- 1 clove minced garlic (1 tsp if you're using pre-minced garlic)
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/4 tsp salt
- Pinch of cayenne pepper for a kick

6. Simmer for 10 minutes or until the mixture has thickened to the consistency you want. In the mean time, chop/slice the sausage and add to the mixture right before adding the eggs.
7. Once the mixture has thickened, make 2 shallow wells and gently crack the eggs into them.
8. Turn heat down to low-medium and continue cooking the mixture for 5-10 minutes or until the egg whites have set. The yolks should be mostly runny.
9. If the whites are taking a while to set, you can cover the pan with a pan top for about a minute so they can cook a bit more.
10. Remove the pan from the heat and garnish with cilantro/parsley.
11. Enjoy right out of the pan!

#EATGOODFEELGOOD