KIKKOMAN

# Mexican-style shakshuka

Total time **15 mins** **5 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
**2,617 kJ / 625 kcal**

Fat: **24.4 g** Protein: **28.4 g**
Carbohydrates: **67.3 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **1 tbsp** | olive oil |
| **2** | bay leaves |
| **1 tsp** | ground coriander |
| **2** | allspice berries |
| **0.5** | onion |
| **0.5** | chilli peppers |
| **4** | juicy tomatoes |
| **2 tsp** | Kikkoman Naturally Brewed Soy Sauce |
| **250 g** | cooked kidney beans |
| **2** | eggs |
| **To serve:** | |
| | Fresh Coriander |
| **1** | avocado |
| **1** | baguette |
| **1 tsp** | of black sesame seeds |

## PREPARATION

**Step 1**

Heat the olive oil in a frying pan. Sweat the chopped onion in it. Add diced tomatoes, chopped chilli and ground coriander, bay leaves and allspice. Fry together for about 5 minutes.

**Step 2**

Add the beans, Kikkoman Naturally Brewed Soy Sauce and stew it for another 5 minutes. Crack the eggs on top. Reduce the heat and cover the pan with a lid. Stew until the egg whites are opaque.

**Step 3**

Sprinkle with sesame seeds before serving. Serve with avocado, fresh coriander and a baguette.