

## Mexican-style shakshuka

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

Nutritional facts (per portion):

2,617 kJ / 625 kcal

## **INGREDIENTS**

2 portion(s)

1 tbsp olive oil2 bay leaves

1 tsp ground coriander2 allspice berries

**0.5** onion

0.5 chilli peppers4 juicy tomatoes2 tspVikkoman Natur

2 tsp Kikkoman Naturally Brewed Soy Sauce

250 g cooked kidney beans

2 eggs

To serve:

Fresh Coriander

avocadobaguette

**1 tsp** of black sesame seeds

Fat: **24.4** g Protein: **28.4** g

Carbohydrates: 67.3 g

## **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.