Simple Shakshuka with Goat Cheese and Fresh Basil

By Robert Ferguson

Shakshuka is a beloved one-skillet dish that's taken the world by storm—and for good reason. Originating in Tunisia, this flavorful meal features eggs gently poached in a rich, spiced tomato sauce. It's healthy, satisfying, and incredibly easy to make. Whether you serve it for breakfast, lunch, or dinner, shakshuka delivers bold flavor and comfort in every bite. Best of all, it's endlessly adaptable and perfect for sharing straight from the pan.

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1½ cups chopped tomatoes (fresh or canned)
- ¼ cup bone broth *(or substitute with ¼ cup tomato sauce)*
- ½ teaspoon black pepper
- ¼ teaspoon sea salt (optional)
- 4 large eggs
- 2 ounces goat cheese, crumbled
- Fresh basil leaves, chopped (for garnish)

Method:

1. **Sauté onions and garlic:**
   Heat olive oil in a medium saucepan over medium heat. Add diced onion and cook until soft and translucent (about 4–5 minutes). Add garlic and stir for another 1–2 minutes.
2. **Simmer tomatoes and broth:**
   Stir in chopped tomatoes and bone broth (or tomato sauce). Bring to a simmer and let cook uncovered for 10–12 minutes, stirring occasionally, until the sauce thickens.
3. **Season:**
   Add black pepper and salt (if using). Taste and adjust as needed.
4. **Cook eggs:**
   Create 4 wells in the sauce with a spoon. Crack one egg into each well. Cover and cook for 5–7 minutes, or until whites are set and yolks are still soft (or to your preference).
5. **Finish and serve:**
   Remove from heat. Top with crumbled goat cheese and chopped fresh basil. Serve immediately.

Serves: 2
Recommendation: Serve with pita bread to make a fat-burning meal!

Approximate nutritional analysis per serving: 310 calories (20 grams of protein, 10 grams of carbohydrates, 21 grams of fat, 2 grams of fiber)**.**