MIDDLE EASTERN · BREAKFAST · LUNCH

Green Shakshuka with Spinach, Herbs and Feta

40 min · Serves 3 · 438 kcal a serve · Video 3:12 · The Cooking Foodie

Vegetarian · Gluten-free ingredients · Nut-free

A low-carb, vegetarian breakfast with under 8 g net carbs per serve: about 18 g protein, most of it from two eggs and the feta, and the big load of spinach adds folate, vitamin A and vitamin K.

Diet notes: Keto (7.6 g net carbs a serve).

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Ingredients 16 · SERVES 3

- [ ] ½ **leek**, chopped
- [ ] 2 tbsp **olive oil**
- [ ] 4 cloves **garlic**, sliced
- [ ] a **green chilli pepper** (about 1; amount not given), sliced
- [ ] 9 oz **baby spinach**
- [ ] ½ cup **half-and-half or cream**
- [ ] ½ cup **vegetable stock**
- [ ] **salt** to taste
- [ ] **black pepper** to taste
- [ ] ¼ tsp **ground cumin**
- [ ] ¼ tsp **ground nutmeg**
- [ ] 1 tsp **fresh thyme leaves**
- [ ] ¼ bunch **fresh coriander**, chopped
- [ ] 10 **basil leaves**, chopped
- [ ] 6 **eggs**
- [ ] 1 oz **feta**, crumbled

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a large, deep frying pan over medium heat. Add the chopped leek and cook for 4–5 minutes, stirring now and then, until soft. 0:27
2. Add the sliced garlic and green chilli and cook for another 2–3 minutes. 0:42
3. Add the spinach and cook for 4–5 minutes until wilted. Stir in the cream, stock, salt, pepper, cumin, nutmeg and thyme, then simmer for about 10 minutes, stirring occasionally. 1:06
4. Chop the coriander and basil, stir them into the pan, then crack the six eggs into the green sauce and crumble the feta over the top. 1:56
5. Cover the pan and cook over low–medium heat for 10–15 minutes, until the egg whites are set. Serve. 2:40

> **Tip** Serves 3, 2 eggs each (our estimate; the cook doesn't say). Use half-and-half rather than cream for a lighter dish. Serve with bread if you are not eating low-carb.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
438 kcal	**18** g	**10** g	**2.6** g	**37** g	**790** mg
1,830 kJ	36% of a day	7.6 g net · 4 g sugars	9% of a day	15 g saturated	34% of a day
		4% of a day		47% of a day	

Energy from net carbs 7% · protein 17% · fat 76% — fits keto: 7.6 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin K 362% · Vitamin A 83% · Selenium 64% · Folate 56% · Vitamin B12 56% · Vitamin C 35% · Vitamin E 32% · Omega-3 27% · Vitamin B6 26% · Iron 25% · Magnesium 22%

Source of (10–19%) Calcium 18% · Zinc 18% · Potassium 16% · Vitamin D 12%

Recipe and video: The Cooking Foodie (@TheCookingFoodie) on YouTube — youtube.com/watch?v=hR-aG6kej2g, published 29 April 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/tcf-green-shakshuka