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

Additionally:

	Fresh Coriander
1	avocado
1	baguette
1 tsp	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.