

# clover food lab

Joe here! I work on Clover's Customer Service Team - if you're a meal box customer we've probably met!

When I'm not answering questions about pancakes, and ensuring your taco boxes arrive safely, I love heading into my own kitchen.

When I was living in Israel, my favorite thing in the world (besides Turkish coffee, of course) was breakfast. Eggs, cheeses, yogurts, salads, fish, breads, and so much more. But my world really changed when a dear friend of mine made me Shakshuka ("Shak" for short).

Shakshuka is made with eggs, cooked in a spicy tomato sauce made with sauteed eggplant, onions, and peppers. I like to serve it up with some tomato-cucumber salad and pita for a killer meal any time of day. Though if you're trying to work more veggies into your diet, breakfast is the perfect place to start.

Shak's origins are unknown but the majority of folks say it comes from Tunisia or Yemen. It can be found in various versions, all throughout North Africa and many parts of the Middle East. The word "Shakshuka" is a Maghrebian word for "mixture" and people have been eating it since the 1500s! It first became popular with Jewish immigrants to Israel from Tunisia in the 1950s & 60s.

Shakshuka is so popular that it even landed on our doorsteps here Clover - our Tunisian Breakfast Bowl (my favorite Clover breakfast!) is a shakshuka-inspired dish brought to us by Ori, a former employee whose North African family made it for her growing up.

The magic of Shak? It's a one pan meal! If you have a large cast-iron skillet, you're good to go! And, it's easy to make variations. You can add squash, potatoes, or other seasonal veggies. If you don't eat eggs you can swap in [JUST eggs \(I've done so and it's magical\)](#). Lucia likes to use big slabs of soft tofu for a vegan version. You can even make a [green shakshuka](#) or a [party-size shakshuka](#) in the crockpot. And of course, [Ottolenghi](#) has a version.

Here's how I make mine. If you try it out, drop us a line and let us know how it came out. Now, off to make dinner myself.~

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 1 small eggplant, peeled and diced (optional)
- 4 garlic cloves, chopped
- 1 28 oz can whole tomatoes (if you want a tad more spice, use a can of tomatoes with a green chile inside!)
- 8 large eggs
- Salt and pepper to taste
- ¼ tsp chili powder
- 1 tsp paprika
- 2 tsp cumin
- Any fresh herbs you have on hand (I love parsley & cilantro)
- Pita, naan, or any bread to scoop up the sauce :)
- Crumbled feta or avocado slices for topping
- Optional: cucumber-tomato salad on the side

1. Pour olive oil into a large cast iron skillet and heat over medium-high heat, until the oil is warm.
2. Saute the onion, pepper, and eggplant for around 5 minutes or until the onions and peppers are translucent. Add chopped garlic & all the spices, and cook for 2 more minutes.
3. Add the whole can of tomatoes, juice and all, and break up the tomatoes. Bring to a simmer and cook for a few minutes. While the sauce is simmering, use a large spoon to create wells/spaces in the pan for each egg.
4. Crack the eggs into each well, then cover the pan with a lid. Cook for 5-8 minutes or until eggs are done to your liking.
5. Season with salt and pepper to taste. Top shakshuka with fresh herbs, feta or any of your desired sides/toppings. Toast bread for dipping, and serve!

