

# North African beans and eggs

10m prep | 30m cook | 4 servings ★ ★ ★ ★ ★



## 8 Ingredients

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- 1 tbsp olive oil
- 2 red capsicums, thinly sliced
- 2 brown onions, thinly sliced
- 3 garlic cloves, thinly sliced
- 400g can diced tomatoes
- 400g can four bean mix, rinsed, drained
- 1 1/2 tsp smoked paprika, plus extra to sprinkle
- 4 eggs

## 2 Method Steps

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- **Step 1** Heat oil in a deep non-stick frying pan over high heat. Cook capsicum, stirring, for 5 minutes or until softened. Add onion and garlic and cook, stirring, for 10 minutes or until browned and softened. Stir in tomatoes, beans, paprika and 1/3 cup (80ml) water. Bring to the boil. Reduce heat and simmer, covered, for 10 minutes.
  - **Step 2** Using a large spoon, make 4 holes in bean mixture. Crack an egg into each hole. Cook, covered, for 5 minutes or until egg whites are set. Sprinkle with extra paprika to serve.
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## RECIPE NOTES

**SERVE WITH:** Toasted wholemeal bread.

**TIP:** We've kept the egg yolks runny in this Moroccan dish but if you prefer your eggs more well done, cook for 2 minutes longer.

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