

Pumpkin & Sweet Tomato Shakshuka Gratin

SAVOURY

SERVES: 4

INGREDIENTS:

4 eggs
 ½ brown onion, finely diced
 1 garlic clove, chopped finely
 ½ red capsicum, finely diced (optional but traditional)
 200g sweet tomatoes, halved
 ½ butternut pumpkin, peeled and cut into 1 cm cubes
 ½ tsp ground cumin (optional)
 ½ tsp sweet paprika (optional)
 bunch of basil, leaves picked (optional)
 3 cups passata
 1 cup water
 80g fetta, crumbed
 1 cup UNCLE TOBYS Traditional Oats
 ¼ cup olive oil
 drizzle of olive oil
 sea salt
 black pepper

METHOD:

Preheat oven to 180°C fan-forced. Into a large baking dish (approx. 30cm x 20cm) add the pumpkin, tomatoes, cumin and smoked paprika. Season with salt and pepper, drizzle with olive oil and toss to combine the spices.

Place into the oven for 30 minutes or until the pumpkin has softened.

In a saucepan over a med-high heat, sauté the onion for 2-3 minutes. Add the capsicum and cook for 2 minutes before adding the garlic and sauté for an extra minute. Season with a pinch of salt and pepper. Add the passata and the water to the pan, reduce the heat to low and leave to simmer until the pumpkin comes out the oven.

When the pumpkin is soft, add the passata and the basil and stir through.

In a dry pan, toast the oats until they are golden. Allow to cool.

In a separate bowl, combine the fetta, oats and ¼ cup of olive oil and season heavily with black pepper.

In the large baking dish, make 4 wells and break the eggs directly into the passata mixture.

Finish the dish with an even topping of the fetta and oat gratin and bake for 12-14 minutes or until the eggs are cooked.

Serve as a shared breakfast where all the family can tuck in.

Nutrition Information	Quantity per 626g serving	Quantity per 100g
Energy	2100kJ	336kJ
Protein	18.5g	2.9g
Fat, Total	25.6g	4.0g
Saturated	5.9g	0.9g
Carbohydrate	44.0g	7.0g
Sugars	26.4g	4.2g
Dietary Fibre	12.6g	2.0g
Sodium	469mg	75mg

