

# Pea and Broad Bean Shakshuka

## Ingredients

- 1 bunch asparagus spears
- 200g Fine green beans
- 2 tbsp vegetable oil
- 2 spring onions finely sliced
- 2 tsp cumin seeds
- large pinch cayenne pepper, plus extra to serve
- 4 ripe tomatoes chopped
- 1 small pack parsley, finely chopped
- 50g peas
- 50g broad beans
- 4 large egg

## Method

- Trim or snap the woody ends of the asparagus and finely slice the spears, leaving the tips and about 2cm at the top intact. Fine green beans wash and trim if needed. Heat the oil in a frying pan. Add the spring onions, sliced asparagus and fine green beans, and fry gently until the veg softens a little, then add the cumin seeds, cayenne, tomatoes, parsley and plenty of seasoning, and stir. Cover with a lid and cook for 5 mins to make a base sauce, then add the asparagus spears, broccoli heads, peas and broad beans, cover again and cook for 2 mins.
- Use the back of a spoon and make four dents in the mixture. Break an egg into each dip, season well, cover with a lid and cook until the egg whites are just set. Serve with a sprinkle of cayenne.

