



# Vegan Shakshouka

Takes 25 minutes | Serves 4-5

GF, NF, SF, OF\*

**Start your Sunday brunch in style with this incredible 10/10 shakshouka. A rich tomato sauce, the most divine little "tofu eggs", and turmeric yolks if you want to go the extra mile.**

## Tomato Base

1 tbsp olive oil  
1 onion, finely diced  
4 cloves garlic, crushed  
1 green capsicum, finely diced  
800g tinned cherry tomatoes  
1 tsp cumin  
1 tsp dried oregano  
1 tsp sea salt  
¼ tsp chilli flakes  
¼ tsp ground black pepper

## Tofu Egg

300g tofu  
½ c plant milk  
¼ c nutritional yeast  
1 tsp onion flakes  
1 tsp black salt  
pinch ground black pepper  
1 tsp turmeric (optional)

## To Garnish

Parsley  
Walnut Parmesan

- 01 In a cast iron or oven-proof pan, add the olive oil on medium heat. Add the onions, garlic, and capsicum and sauté for 5 minutes until soft and translucent.
- 02 Add the tomatoes and all seasonings, and simmer on low for 10 minutes while you prepare the eggs. Crush half of the cherry toms with your spoon so the juices come out.
- 03 Blend the tofu egg ingredients (except turmeric) in a blender until creamy. If you want to make the optional yolks, remove all the tofu mix to a bowl, then add back ½ cup to the blender with the turmeric. Blend until bright yellow.
- 04 Make 5 wells in the tomato mix, spoon in the tofu egg, then dollop the yolks on top. Bake in the oven for 10-15 minutes until the tofu starts to set and gets a little golden on top.
- 05 Serve topped with chopped parsley, parmesan, with crusty bread or toast on the side. Leftovers will keep in the fridge for 5 days.

\* See the Notes section inside Cooking School for dietary substitutions, tips, and more.