



Fennel Shakshuka

Tasty and healthy

Recipe by

Diabetes
Fonds



persoonlijke
gezondheidscheck

Did you know...



Fat around the abdominal organs produces harmful substances. This in turn increases the risk of developing type 2 diabetes.

Ingredients

- 1 onion
- 2 cloves of garlic
- 1 fennel bulb
- 1 tablespoon olive oil
- 1 red chili pepper
- pinch of pepper
- 400 grams canned and diced tomatoes
- 1 tablespoon fennel seed
- 4 eggs
- 2 teaspoon Italian herbs



Preparation

1. Chop the onion and finely chop the garlic. Cut the bottom of the fennel and a piece of the top and cut the fennel in half. Remove the core and cut the fennel into strips.
2. Heat the olive oil in a frying pan and fry the onion and garlic for 3 minutes. Then add the fennel and fry it for another 7 minutes on low heat.
3. Meanwhile, cut the chili pepper into rings. If you don't like spicy food, remove the seeds and membranes.
4. Put the pepper and fennel seeds in the pan together with the diced tomatoes and let it stew for 15 minutes.
5. Make 4 wells in the vegetable mixture and crack an egg over each well. Then cover the pan and fry for 4 minutes until the eggs are set.
6. Sprinkle with the Italian herbs and some pepper.