# DietCloud – Recipe

**Recipe Name:** Shakshuka With Oats Recipe-A High Protein Breakfast

**Diet Type:**

**Course:** World Breakfast

**Cuisine:** Middle Eastern

**Quantity:**



## Ingredients

| Ingredient | Quantity |
|---|---|
| • 1 cup Rajma (Large Kidney Beans)<br>• 1 teaspoon Extra Virgin Olive Oil<br>• 1 Onion - finely chopped<br>• 2 cloves Garlic - grated<br>• 500 grams Tomatoes - pureed<br>• 1 tablespoon Honey - or more to taste<br>• 1 teaspoon Cumin powder (Jeera)<br>• 1 teaspoon Dried oregano<br>• 1/4 teaspoon Red Chilli powder - or cayenne pepper<br>• Salt - to taste<br>• 1 teaspoon Black pepper powder - to taste<br>• 1 cup Baked beans<br>• 40 grams Instant Oats (Oatmeal) - peppy tomato<br>• 3 Whole Eggs<br>• 2 sprig Coriander (Dhania) Leaves - finely chopped | 4 |

## Preparation

• Place the beans in the pressure cooker and cook along with salt, until soft and done.

• Reserve the drained liquid for later.

• Our next step is to spice the beans up to make the baked beans.

• Add the tomatoes, honey and the spices like the chilli powder, oregano, pepper powder, cumin powder, salt to taste and give it a stir.

• Add in the cooked drained beans into the tomato gravy.
• Stir fry the beans until the beans get well coated with the tomatoes.
• Cover the pan, turn the heat to low and simmer the beans until you notice the beans are well coated with the spices and tomatoes.
• Check the salt and seasoning and adjust to suit your taste.
• Now we will proceed to make the Shakshuka.
• Heat a skillet pan over medium heat.
• Add the baked beans, oats and the drained water from the beans to the skillet and bring it to a brisk boil.

• Lower the heat, cover and allow the entire mixture to slowly cook until the eggs are cooked through.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|