

chickpea and pepper shakshuka

Every year, our great-uncle Robert would visit us from Israel. He loved Barcelona, touring the city and the surrounding beach towns, and he would often take us with him on his daily excursions. One of his favorite dishes was *shakshuka*; one of our fondest memories of him is waking up to the delicious smell of the garlicky, rich tomato sauce, ready to be soaked up with crunchy, crusty fresh bread. Our version of this Israeli breakfast uses chickpeas rather than eggs as the main source of protein; slices of cooked polenta add creaminess and make it visually similar to the traditional recipe.

Prep time: 10 minutes

Cook time: 50 minutes

Makes 4 servings

INGREDIENTS:

2 tablespoons plus 2 teaspoons
extra-virgin olive oil
1 large sweet onion, thinly sliced
1 red bell pepper, seeded and diced
1 orange bell pepper, seeded
and diced
1 yellow bell pepper, seeded
and diced
1 teaspoon sweet paprika
½ teaspoon ground cumin

¼ teaspoon ground coriander
6 slices precooked polenta
(sold in a tube)
1 (28-ounce) can crushed tomatoes
1 (15-ounce) can chickpeas
½ cup chopped fresh cilantro, plus a
little bit more for garnish
2 garlic cloves, crushed
¾ teaspoon salt
½ teaspoon Aleppo pepper

TIME-SAVING TIP

The *shakshuka* base can be prepared 2 or 3 days ahead of time and kept refrigerated. It can also be frozen for up to a month. When ready to serve, bring to a simmer, add the polenta slices, and continue simmering for 5 minutes.

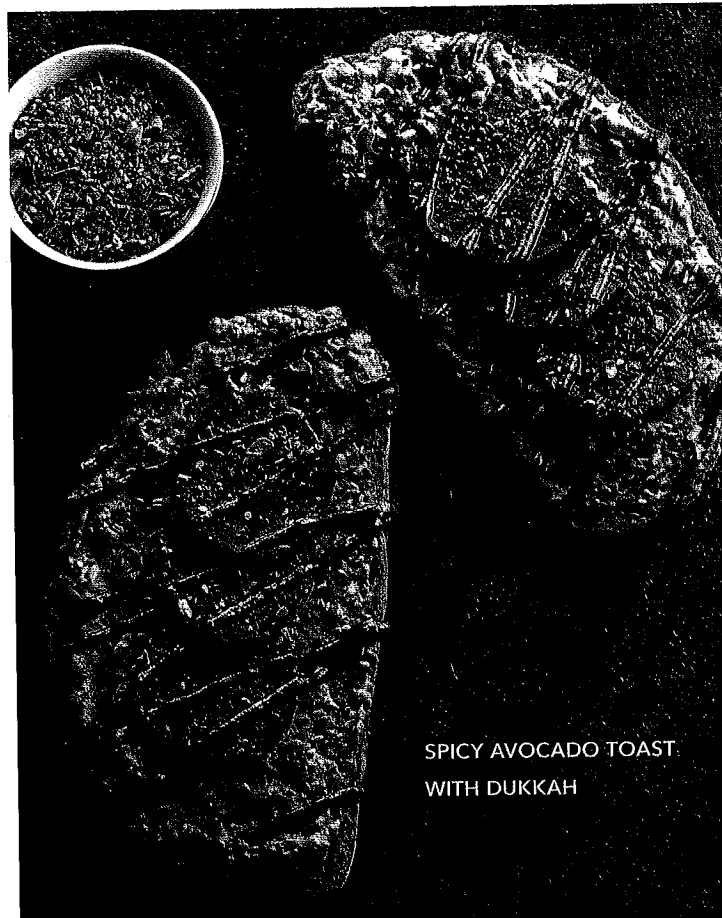
Heat 2 tablespoons of the olive oil in a 12-inch nonstick skillet with a lid. Add the onion, bell peppers, paprika, cumin, and coriander and cook, uncovered, over medium-low heat, stirring often, for 30 minutes, or until the peppers are tender.

In the meantime, heat the remaining 2 teaspoons of olive oil in a separate large, nonstick skillet. Add the polenta slices and cook over medium heat for 1 minute, or until they brown lightly. Carefully flip the slices, then cook them for another minute. Remove from the heat and set aside.

Add the tomatoes, chickpeas, cilantro, crushed garlic, salt, and Aleppo pepper to the bell pepper mixture. Cover the skillet and continue to cook for another 15 minutes, or until the sauce starts to reduce.

Carefully arrange the polenta slices over the tomato mixture and simmer, covered, for 5 minutes.

Serve warm with crusty bread.



SPICY AVOCADO TOAST
WITH DUKKAH

