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Made with Bold Bean Co
Queen Black Beans

**BOWEL
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Spiced Black Bean Shakshuka for 4

INGREDIENTS

2 small finely diced onions
75mls vegetable oil
1 teaspoon garlic paste
1 teaspoon paprika
1 teaspoon Kashmiri red chilli powder
1 teaspoon dried coriander powder
½ teaspoon turmeric
1 pinch asafoetida
Handful fresh curry leaves
570grams jar Queen Black Beans
1 heaped tablespoon good quality
tomato puree
2 tablespoons maple syrup
1 tablespoon tamarind pulp
3 tablespoon crème fraiche
3-4 eggs
Salt to taste
Garnish: freshly chopped coriander,
olive oil

DIRECTIONS

This wholesome vegetarian dish is full of protein. It is a family favourite which we enjoy at brunch on weekends.

1. Heat the oil in a saucepan and add the onions. When the onions are deep golden brown, add the garlic, paprika, red chilli flakes, dried coriander, turmeric, asafoetida, and curry leaves. Stir the spices ensuring that they do not catch.
2. Drain the beans in a colander but do not wash them. Add the beans and tomato puree to the onions and stir well to combine.
3. Pour around 250mls of lukewarm water over the beans and add the maple syrup, tamarind and a pinch of salt.
4. Turn the heat down low and simmer for around 15 minutes or until the beans have a saucy texture, slightly runnier than a can of baked beans. Season with salt to taste.
5. Make depressions in the mixture. Spoon the crème fraiche into the depressions and gently crack the eggs over the crème fraiche. Place a lid over the beans and simmer very gently for a further 8-10 minutes, or until the eggs have cooked through. Be careful to work on a relatively low flame to prevent the eggs and beans from overcooking.
6. Garnish the eggs and beans with an extra sprinkling of chilli flakes, fresh coriander and a glug of good olive oil.

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