

boerewors shakshuka

This is a breakfast-to-lunch-to-dinner type of recipe. And it's just everything in one pan – so easy.

500g boerewors
1 clove garlic
3 tbsp olive oil
400g tinned tomato and onion relish
1 can black beans, drained and gently rinsed under cold water
Salt and pepper
4 large eggs
Fresh coriander and parsley, for garnish
French loaf, for serving

Serves: 2

1. Remove the sausage meat from the casing, and roll it into about 14 balls.
2. Turn the garlic clove into paste by adding a sprinkle of salt and grinding it with the back of your knife.
3. Heat the oil over high heat in a large pan. Add the boerewors balls in batches and cook until browned inside and the outside is golden and crispy, about 6 minutes.
4. Reduce heat to medium. Add the garlic paste and cook, stirring, until softened and fragrant, about 30 seconds.
5. Add the tomato relish, stirring gently to combine for about 60 seconds. Turn heat down low and cook at a bare simmer for 10 minutes.
6. Add the beans and season to taste with salt and pepper.
7. Using a large spoon, make a well near the perimeter of the pan and break an egg directly into it.
8. Spoon a little sauce over the edges of the egg white to submerge it a bit and contain it, leaving the yolk exposed.
9. Repeat with the other 3 eggs, working around the pan.
10. Season the eggs with a little salt, and place the pan in a 160°C oven for 5 to 8 minutes, depending on how you prefer your egg done.
11. Sprinkle with coriander and parsley, and serve immediately with crusty bread.

I always crack open my egg on the side and take away half the egg white.