

# Low-Carb Spinach & Feta Shakshuka

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving, 2 eggs + veggies):** Total carbs: 13.3 g, Fiber: 4.3 g,

**Net carbs: 9 g,** Protein: 19.5 g, Fat: 42.8 g, Calories: 510 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 2 servings)

- 2 tbsp ghee or avocado oil (30 ml)
- 1/2 yellow onion, chopped or sliced (35 g/ 1.2 oz)
- 1 clove garlic, minced
- 1 small red bell pepper, sliced (85 g/ 3 oz)
- 4 tbsp tomato paste (60 g/ 2.1 oz)
- 1/2 cup water or chicken stock (120 ml/ 4 fl oz)
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- good pinch of sea salt and black pepper
- 200 g fresh spinach, chard or collards (200 g/ 7 oz)
- 4 large eggs
- 1/2 cup crumbled feta cheese (38 g/ 1.3 oz)
- 2 tbsp extra virgin olive oil (30 ml)
- Optional:* fresh herbs such as parsley, cilantro or spring onion

## Instructions

1. If you're using regular spinach, chard or collards, wash, drain and cut the crunchy stalks off. Roughly chop the spinach leaves and finely chop the stalks. Set aside. If you're using baby spinach you won't need to do this.
2. Heat a skillet greased with ghee or avocado oil over a medium-high heat. Add the onion and cook for 3 minutes. Add the garlic and cook for 1 minute.
3. Add the sliced bell pepper and the spinach stalks, and cook for 3 to 5 minutes, until crisp tender.
4. Add the tomato paste and water (or chicken stock) and cook until it starts simmering.
5. Add the cumin, turmeric, salt and pepper. Add the chopped spinach leaves and cook for about a minute.
6. Mix to move it around until it's wilted. Using a spatula, create 4

small wells. Crack one egg into each one of them. (It's better if you crack the eggs one by one into a small bowl rather than directly into the skillet as you don't want any egg shells of bad eggs.)

7. Reduce the heat to medium and cover with a lid. Cook for about 5 minutes or until the egg whites are just about set and the egg yolks are still runny. Instead of the lid you could even place it under a broiler and cook for a few minutes.
8. Remove the lid and crumble the feta on top. Cook for one more minute just to heat through.
9. Drizzle with extra virgin olive oil and optionally sprinkle with fresh herbs such as parsley, cilantro or spring onions.
10. Serve immediately while still warm.

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