Low-Carb Tuna Shakshuka

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, 2 eggs + tuna): Total carbs: 5.1 g, Fiber: 1.1 g,

Net carbs: 4 g, Protein: 29.8 g, Fat: 33.4 g, Calories: 438 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 3 servings)

2 tbsp extra virgin avocado oil *or* ghee (30 ml)

1/2 medium yellow onion, chopped (50 g/ 1.8 oz)

2 cloves garlic, diced

2 tbsp tomato paste (30 g/ 1.1 oz)

2 cans tuna, drained (255 g/ 9 oz)

1 tsp turmeric

1/2 tsp ground cumin

1/2 tsp paprika

1/2 cup filtered water *or* brine from tuna (120 ml/ 4 fl oz)

sea salt and ground pepper, to taste

2-4 tbsp chopped cilantro

6 large eggs

2 tbsp extra virgin olive oil to drizzle (30 ml)

Optional: 1/4 cup shredded cheddar cheese *or* goat's cheese

Optional: lime wedges to serve

Instructions

1. Prepare all the ingredients. Grease a large skillet with 2 tablespoons of avocado and sauté onions for about 5 minutes. Add the garlic and cook for 1 more minute.

2. When the onions become fragrant and lightly golden, add the tomatoes paste. After 1 minute, add tuna and stir well. Add all the spices, salt and pepper, water, and then stir.

3. Bring to a boil, then reduce the heat and let it simmer for about 10 minutes, or until the sauce has thickened. Add cilantro chopped and stir. You can reserve some cilantro for garnish.

4. Using a spoon or a ladle, make 6 wells in the skillet and carefully crack the eggs inside each. Once the egg whites seem to be mostly cooked through (about 8 minutes) cover the skillet to cook the top of the eggs, checking periodically to ensure the yolks don't get overcooked.

5. Optionally, sprinkle with cheddar cheese and let it cook for another 3-4 minutes.

6. Remove from the heat and garnish with salt and fresh cilantro. Eat while still warm.

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