



Chickpea Shakshuka with Warm Pita

Middle East | Cooking

Spotlight: Vine-ripe tomatoes

Shakshuka comes from North Africa and is loved all across the Middle East. The name means “all mixed up,” which is exactly what we do — bubbling tomatoes, peppers and warm spices in one pan, then chickpeas nestled into little wells.



Ingredients (makes 8–14 portions)

- 6–8 Roma tomatoes (or 1 large can diced tomatoes)
- 2–3 bell peppers
- 1 onion
- 2–3 cloves garlic
- 2–3 Tbsp tomato paste
- 1–2 cans chickpeas
- 8–14 mini pitas
- 1 1/2–2 tsp ground cumin
- 1 tsp sugar
- 3–4 Tbsp olive oil
- 1 bunch fresh parsley or cilantro
- 1–1 1/2 tsp salt

Steps

1. Dice the tomatoes, bell peppers and onion using the bear claw grip. Mince the garlic.
2. An adult heats the olive oil in the pan, then adds the onion and pepper. Cook 4 minutes until softened.
3. Stir in the garlic, cumin and tomato paste and cook 30 seconds — the smell changes completely and the colour deepens.
4. Add the tomatoes, sugar and a pinch of salt. Simmer 10 minutes until the sauce thickens and no longer looks watery.
5. Turn the heat low. Press little wells into the sauce with the back of a spoon and spoon chickpeas into each one. Simmer 5 more minutes.
6. Cut the pitas into wedges and warm them on the dry pan, about 20 seconds a side. Scatter torn herbs over the shakshuka, then scoop and enjoy.

Substitutions: Gluten-free: serve with gluten-free pita, or use cucumber and pepper strips for scooping. Dairy-free and egg-free: naturally both.

Cooking this at home: For a family of four, use about 2 tomatoes, 1 bell pepper, half an onion, 1 clove garlic, half a can of chickpeas, and 4 mini pitas — it all happens in one pan. Your Food Explorer can dice, stir, and press the wells; an adult manages the burner.