



CNM The Natural Chef

LEAFY GREEN SHAKSHUKA

Lauren Windas, Naturopathic Nutritionist,
CNM Graduate

Shakshuka is a hugely popular savoury Israeli dish and translates to 'a mix up', which is exactly what this lovely creation is; a green shakshuka packing a variety of leafy greens rich in vitamins, minerals and phytochemicals, beneficial to health. Versatile, it makes for a great breakfast, brunch, lunch or dinner recipe, providing flavour and optimal nutrition.

Dairy Free, Gluten Free, Nut Free, Pescatarian, Soy Free, Vegetarian

Serves: 2-3

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Total Time: 15 minutes

Ingredients:

- 6 eggs
- 100g cavolo nero, trimmed of tough stems
- 1 large handful of baby spinach
- 3 shallots, sliced
- 1 green pepper, sliced
- 1 courgette, diced
- 100g peas
- 1 tsp cumin
- 1/2 tsp oregano
- A pinch of salt and pepper
- A pinch of chilli flakes
- 1 tsp coconut oil (for cooking)

Optional

- Sourdough bread (opt for gluten-free if you have an allergy or intolerance)
- 2 spring onions, chopped
- A handful of fresh coriander, chopped

Method:

1. Using a medium shallow pan with a lid, heat 1 tsp coconut oil. Sweat the shallots with the sliced green pepper until the onion is translucent and the pepper is tender.
2. Add the courgette and peas and continue to sweat. Then add 3 tablespoons of water and close the lid until the vegetables are all soft.
3. Add the cumin, oregano, chilli, salt and pepper, followed by the spinach and Cavolo nero. Replace the lid and until the leaves have wilted and are tender.
4. Using the back of a spoon create wells in the green mixture for your eggs to poach in.
5. Carefully crack your eggs into the wells and replace the lid for 4-5 minutes until the whites of the eggs have set and the yolks are still runny.
6. Top with chopped coriander leaves and spring onions and serve with your chosen bread.

CNM recommends the use of organic ingredients.

BECOME A CNM NATURAL CHEF

TRAINING WITH THE COLLEGE OF NATUROPATHIC MEDICINE



CNM's Natural Chef training is a part-time course covering everything you need to know to become a successful chef, from how the digestive process works to building a culinary career!

Whether you simply

want to serve up truly healthy and delicious, nutritionally balanced food for friends and family, or you want to turn your knowledge into a successful culinary career, or even increase your profile by blogging recipes, CNM's Natural Chef qualification is suitable for you.

Career options include becoming a chef in a restaurant or spa; working as a private chef; or developing your own food-based business, from cooking instructor, product developer, consultant, to food and recipe writer, cookbook author and beyond!

Part-time Diploma course in London and Dublin.

"I LAUNCHED MY DREAM BUSINESS"



Lauren Windas, CNM Naturopathic Nutrition Graduate:

"CNM changed my life because it gave me the ability to have the lifestyle I always desired. I launched my dream business in something I am truly passionate about; nutrition and coaching people to become the healthiest versions of themselves. I have co-founded my own wellness brand, ARDERE, with my sister. I am particularly interested in helping people who have a poor relationship with food or weight issues.

If you are looking to learn more about functional medicine and how diet, lifestyle and overall wellbeing can be achieved through natural modalities, CNM provides great resources and develops your skills to become a confident practitioner."

Recipe and photos of recipe & author: © Lauren Windas. CNM Natural Chef photos: © CNM Natural Chef Kitchens
CNM (College of Naturopathic Medicine) has a 20 year track record in training students for successful careers in natural therapies. Colleges across the UK and Ireland.