

SOIL ASSOCIATION ORGANIC

Certified B Corporation

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Abel & Cole

BRUNCH DONE RIGHT

Artisanal bagels. Organic eggs. Handmade croissants and more. Perfect your weekend brunch and enjoy a free bottle of fizz when you spend £30 on your next spread.



Smoked Salmon with Gin, Juniper, Lemon & Dill, Severn & Wye (100g) **£7.75** | Sausage & Eggs Bundle **£9.60**
All Butter Croissants, Non-Organic, Hobbs House Bakery (pack of 4) **£3.95** | Summer Pudding Jam (220g) **£3.50**
Bohem Frizzante (75cl) ~~£10.95~~ **FREE**

OUR TOP BRUNCH PICKS



Orange Juice (750ml) **£3.95**



Labneh, Court Lodge Farm (160g) **£3.40**



English Muffins, The Celtic Bakers (pack of 4) **£3.80**



Smashed Avocado, Non-Organic, Holy Moly (150g) **£5.95**

Don't miss your FREE bottle of Bohem Frizzante* in deliveries between 5th – 9th May. Find the range at abelandcole.co.uk/brunch or scan the QR code.

*When you spend £30 on selected items in our brunch feature. No need for a code – the offer will appear online on 1st May.



QUICK & EASY SHAKSHUKA

TIME: 30 MINS | SERVES: 2 PEOPLE

INGREDIENTS

1 onion
1 red pepper
1 yellow pepper
A handful of flat leaf parsley
1 tsp cumin seeds
1 tsp ground coriander
A pinch of saffron
400g tin of chopped tomatoes
50g baby leaf spinach
4 eggs
Toasted pitta or bread, to serve

1. Peel and finely chop the **onion**. Set a large, deep frying pan on a medium heat and add 1 tbsp olive oil. Add the onion, season with salt and pepper and put a lid on the pan. Fry for 5 mins till the onion is glossy and still light in colour.
2. Meanwhile, halve the **peppers** and scoop out the seeds and white pith. Finely slice them. Finely chop the **parsley** stalks, setting the leaves aside for later.
3. Add the peppers and parsley stalks to the onion. Stir well, season with another pinch of salt and pepper, then put the lid back on the pan. Fry the veg for 5 mins, stirring occasionally, till the peppers have softened.
4. Add the **cumin seeds**, **ground coriander** and a pinch of **saffron** to the veg. Cook and stir for 1 min, till the pan smells aromatic.
5. Tip the **chopped tomatoes** into the pan. Add 100ml water. Stir well, put the lid back on and bring to the boil. Turn the heat down and simmer for 8 mins till the sauce has thickened slightly.
6. Add more salt and pepper to taste. Stir in the **baby leaf spinach** and cook, stirring till it's wilted. Make 4 wells in the sauce. Crack in the **eggs**. Put the lid back on and gently simmer for 4-8 mins till the eggs are set to your liking.
7. While the shakshuka simmers, preheat your grill to high. Place the **pitta breads** on a baking tray and sprinkle with a little water. Grill for 1-2 mins, turning half way through.
8. Spoon the shakshuka into two bowls and serve with the pitta breads on the side, garnished with parsley leaves.

GET AHEAD

You can make the tomato sauce the night before you want to cook the eggs, then cool it and store in a tub in the fridge. When you're ready to make the shakshuka, pour the sauce into a deep frying pan, pop on a lid and warm through, then follow the recipe.

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Fancy some homemade pancakes? Or a one-pan fry up? Find even more seasonal brunch recipes at **abelandcole.co.uk/recipes**