

Turkish Menemen

Silky eggs folded into sweet pepper and tomato, the Turkish way.

SERVES

2

PREP

10 min

COOK

18 min

LEVEL

Easy

PER SERVING

320 kcal, 15 g protein

Ingredients

4 large (about 200 g) eggs

2 medium (320 g), halved for grating ripe tomatoes

2 (140 g), seeded and sliced; or 1/2 bell pepper long green peppers

1/2 small (65 g), finely diced white onion

2 tbsp (30 ml) olive oil

1/2 tsp red chili flakes

1/4 tsp, freshly ground black pepper

to taste salt

2 tbsp (8 g), chopped; curly parsley works flat-leaf parsley

Method

- 1 Heat olive oil in a 26 cm (10-inch) skillet over medium-low heat. Add peppers and onion. Cook, stirring often, until completely soft with no bite remaining and no colour, 10 to 12 minutes.
- 2 Grate tomatoes on the coarse side of a box grater into the pan, skin-side out, until only the skin remains; discard the skins. Stir in chili flakes and season lightly with salt.
- 3 Raise heat to medium. Simmer the tomato mixture, stirring now and then, until most liquid is gone and a spoon drawn across the pan leaves a clear line, about 5 minutes.
- 4 Reduce heat to low. Crack in the eggs, break the yolks, and fold gently with a spatula until soft curds form and the eggs look glossy and barely set, 2 to 3 minutes. Remove from heat while still slightly wet.
- 5 Taste and adjust salt. Scatter parsley on top, dust with black pepper, and serve straight from the pan.

CHEF TIP

Grating the tomatoes is the Turkish kitchen trick: the flesh becomes instant sauce and the skin stays behind. No peeling, no chopping.

WHY A GOOD EGG SHOWS HERE

In menemen, the eggs set right into the tomato sauce, so the yolk colour becomes the colour of the dish. A deep golden yolk gives the sauce a rich amber glow that a pale egg cannot match.



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