

Basque Piperade Eggs

Peppers, tomatoes and onion simmered soft, then folded through eggs until creamy

SERVES

2

PREP

15 min

COOK

40 min

LEVEL

Medium

PER SERVING

400 kcal, 15 g protein

Ingredients

4 large (about 200 g) eggs

1 large (150 g), thinly sliced green bell pepper

1 medium (120 g), thinly sliced red bell pepper

1 medium (120 g), thinly sliced onion

2 cloves (6 g), minced garlic

2 medium (250 g), chopped ripe tomatoes

3 tbsp (45 ml) olive oil

1/2 tsp (1 g), or sweet paprika piment d'Espelette

1 tbsp (4 g), chopped, to finish fresh parsley

to taste salt

to taste black pepper

Method

- 1 Heat the olive oil in a wide pan over medium heat. Add the onion with a pinch of salt and cook gently, stirring often, until soft and translucent, 6 to 8 minutes, not browned.
- 2 Add the green and red bell peppers and garlic. Cook, stirring now and then, until the peppers have softened and started to collapse, 10 to 12 minutes.
- 3 Stir in the tomatoes and piment d'Espelette. Lower the heat and simmer uncovered, stirring occasionally, until the mixture turns jammy and most of the liquid has cooked away, 15 to 20 minutes.
- 4 Season the vegetables with salt and black pepper. In a bowl, beat the eggs with a small pinch of salt until just blended, no more.
- 5 Pour the eggs into the pan. Cook over low heat, stirring gently and constantly with a wooden spoon, until softly set into thick, creamy curds, 3 to 4 minutes.
- 6 Take the pan off the heat while the eggs still look slightly loose, they firm up from residual heat. Scatter parsley on top and serve at once.

CHEF TIP

Keep the heat low once the eggs go in. Pull them just before fully set to keep the curds creamy, not rubbery.

WHY A GOOD EGG SHOWS HERE

FreshYolk's deep golden yolks color the curds richly and taste rounder against the sweet stewed peppers, so the eggs read as the main event, not a topping.



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