Menemen — Turkish Peppers & Eggs

Softly scrambled eggs folded through sweet stewed peppers and tomato.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**15 min**	**20 min**	**2**	**EASY**

Ingredients

- 4 eggs
- 2 romano peppers (sliced)
- 3 tomatoes (roughly chopped)
- 1 small onion (finely sliced)
- 2 tbsp olive oil
- 1 small handful flat-leaf parsley (chopped)

Method

1. Heat the oil in a frying pan over a medium heat. Cook the onion and peppers for 8 minutes, until soft and sweet.
2. Add the tomatoes and cook for 5 minutes, until they break down into a loose sauce. Season.
3. Beat the eggs lightly and pour them into the pan.
4. Stir slowly and constantly with a wooden spoon for 1–2 minutes, until the eggs are softly set and still glossy. Take the pan off the heat while they look slightly underdone.
5. Scatter with parsley and serve straight from the pan with bread.

Tips & swaps

- Low heat and a bit of patience is everything. Menemen should be soft and spoonable, never dry and scrambled.

Storage & reheating

Best eaten immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
240	**14g**	**10g**	**17g**	**3g**

Estimated values, for guidance only. Contains: Egg.