



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late July 2021

A tasty breakfast

Menemen- Turkish style eggs

Whenever I'm in London (it's been a while!) I make a bee-line for an amazing Turkish breakfast place near where my friends live. We order the breakfast menu and soon we're feasting on a delicious spread of fruit, yogurts, breads, cheeses, and these Menemen eggs. In the absence of a Turkish restaurant in my own neighbourhood, I make these until I can return! It's not a beautiful dish but it's ever so tasty so give it a go.



Ingredients - for 2

- 1 green pepper
- 1 onion
- 3 large tomatoes
- ½ tsp dried oregano
- ½ tsp chilli flakes (optional)
- 4 eggs
- 2 tbsp fresh parsley or coriander, chopped
- Olive oil, salt and pepper

You will need a chopping board and knife. A wok or frying pan (ideally non-stick), a wooden spoon or spatula and a small bowl.

Method

1. Peel and finely dice the onion. Deseed and dice the green pepper.
2. Add a splash of olive oil to the saucepan and heat. When hot add the diced onions and peppers and cook for 6-7 minutes until soft and smelling delicious.
3. Roughly chop the tomatoes and add to the pan along with the oregano and chilli flakes.
4. Cook for a few minutes until some of the liquid released from the tomatoes has evaporated.
5. Break the eggs into the bowl, briefly whisk with a little salt and pepper, and then add to the vegetables. Stir around in the pan briskly, mixing everything together until the eggs are just cooked.
6. Turn out onto a plate and top with the chopped herbs.
7. Serve immediately with some bread if you like.