

Turkish one-pan eggs & peppers (Menemen)

By [Good Food](#)

PREP: 10 MINS COOK: 25 MINS

EASY

SERVES 4

Nutrition: kcal 222 fat 15g saturates 4g carbs 12g sugars 9g fibre 3g protein 12g salt 0.39g

Ingredients

- 2 tbsp olive oil
- 2 onions, sliced
- 1 red or green pepper, halved deseeded and sliced
- 1-2 red chillies, deseeded and sliced
- 400g can chopped tomatoes
- oregano
- smoked paprika
- 4 eggs
- small bunch parsley, roughly chopped
- 6 tbsp thick, creamy yogurt
- 2 garlic cloves, crushed

Method

1. Heat the oil in a heavy-based frying pan. Stir in the onions, pepper and chillies. Cook until they begin to soften. Add the tomatoes and mix well. Cook until the liquid has reduced. Season with oregano, smoked paprika, salt, pepper.
2. Using a wooden spoon, create 4 pockets in the tomato mixture and crack the eggs into them. Cover the pan and cook the eggs over a low heat until just set.
3. Beat the yogurt with the garlic and season. Sprinkle the menemen with parsley and serve from the frying pan with a dollop of the garlic-flavoured yogurt.

Recipe from Good Food magazine, [May 2011](#)