

Tomato & capsicum pan eggs



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Preparation 15 mins | Cooking 45 mins | Serves 4

This is great dish for brunch or a light dinner.

2 tbs olive oil
1 small brown onion, finely chopped
3 garlic cloves, finely chopped
1 tsp sumac
1 tsp ground cumin
1 small red capsicum, deseeded and cut into 1cm dice
750g ripe Roma (egg) tomatoes, chopped
½ tsp caster sugar
4 free-range eggs
¼ cup flat-leaf parsley leaves, chopped
Extra virgin olive oil, to serve
Grilled sourdough bread, to serve

STEP 1 Heat oil in a medium (about 25cm base) non-stick heavy-based frying pan over medium heat. Add onion, garlic, sumac, cumin and capsicum and cook, stirring often, for 4-5 minutes until onion is tender. Add tomatoes and sprinkle with sugar. Reduce heat to medium-low and simmer, uncovered and stirring occasionally, for 25-30 minutes until thick. Season with salt and pepper to taste.

STEP 2 Make 4 small indentations in the tomato mixture and crack an egg into each. Cover and cook for 5-7 minutes until yolks are just set (or cooked to your liking). Sprinkle with parsley, drizzle with extra virgin olive oil and serve with char-grilled sourdough bread.

Good for you... TOMATOES

The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content. An excellent source of vitamin C, which the body uses to defend itself against infection.

