



MOROCCAN EGGS

INGREDIENTS

- 4 eggs
- 50 ml Country Range Extra Virgin Olive Oil
- 800g tin Country Range Chopped Tomatoes
- half red pepper
- quarter tsp Country Range Crushed Chillies
- 1 small onion
- 1 small bunch of coriander
- 2 tsp Country Range Minced Garlic
- 1 tsp Country Range Moroccan Seasoning

METHOD

1. Prepare and wash the vegetables.
2. Sweat the onion, garlic, peppers and chilli for 5 minutes until soft.
3. Add the tomatoes and half a tin of water
4. Simmer for 8-10 minutes.
5. Add the spices and half the coriander.
6. Add the eggs and poach for 6 minutes (or until you're happy the eggs are cooked).
7. Season and dress with chopped coriander leaves.