



SCRAMBLED EGGS IN SPICED RED PEPPER & TOMATO SAUCE

Silky, soft-cooked scrambled eggs in a tangy, spicy tomato sauce makes for a delicious brunch or simple supper. Top with crumbly, salty feta or grated halloumi and serve with lots of warm bread for mopping up all that fabulous flavour from the spiced sauce.

Prep time 15 minutes | Cook time 15 minutes | Serves 2

1 tablespoon olive oil
1 red bell pepper, finely chopped
1 tablespoon chipotle paste
1 teaspoon black mustard seeds
1 teaspoon ground coriander
1 teaspoon ground cumin
6 large fresh tomatoes, finely chopped or grated (or 400ml passata)
1 tablespoon soft brown sugar (optional)
1 tablespoon balsamic vinegar or sherry
4 Clarence Court hen eggs
Sea salt
Freshly ground black pepper
40g feta
4 tablespoons mixed seeds, toasted
A few fresh herb leaves (optional)
Crusty bread, to serve
Leafy salad, to serve

Place a medium sized, deep frying pan or cast-iron pan on a medium heat. Add the olive oil and the chopped pepper, chipotle paste, mustard seeds, ground coriander and ground cumin. Stir continuously until you can smell the spices toasting, then add the chopped tomatoes, brown sugar, balsamic vinegar, and a splash of water. Once bubbling, turn down the heat and allow to thicken for a few minutes, stirring occasionally.

Crack the eggs into a bowl and whisk well, along with a good pinch of salt and pepper. Once the spicy sauce is slightly thickened, stir in the whisked eggs and allow to cook for 1 minute. Pre-heat the grill, crumble the feta over the saucy eggs and place the pan under the grill to lightly colour the feta and set the eggs.

Remove the pan from under the grill, scatter over the toasted seeds and fresh herb leaves, place on a board and serve with crusty bread and leafy salad.



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