

POT LUCK
Spiced Ragout with Egg



Ingredients:

1 onion
2 large potatoes
1 tin tomatoes
1 clove garlic - finely chopped
½ tsp chilli powder
1 tsp turmeric
1 tsp ground coriander
1 tsp ground cardamom
2 tblsp natural yoghurt
oil
2 eggs

Method:

1. Peel the onions and cut into wedges.
2. Peel or scrub potatoes and cut into thin wedges.
3. Heat oil in pan and add vegetables.
4. Lightly brown onions and potatoes stirring all the while.
5. Add spices stirring all the time.
6. Add tomatoes and chopped garlic.
7. Bring to the boil and simmer 'til vegetables are tender.
8. While that is happening boil the eggs for 6 minutes.
9. Shell the eggs and cut in half.
10. When vegetables are cooked place the eggs on top of the ragout to warm through.
11. Serve in bowls with chopped parsley.