

Spiced Ragout with Egg

Ingredients:

- 1 onion
- 2 large potatoes
- 1 tin tomatoes
- 1 clove garlic - finely chopped
- 1/4tsp chilli powder & cardamom
- 1/8tsp turmeric & coriander
- 2 tblsp natural yoghurt
- oil
- 2 eggs



Method

1. Peel the onions and cut into wedges.
2. Peel or scrub potatoes and cut into 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.
REMEMBER - A LITTLE AT A 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 6minutes.
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.