



Mauritian Breakfast Rougaille

A bit of a twist on Turkish Eggs and served for breakfast in many places in Mauritius. It is quite spicy, so if you can't take too much heat early in the morning, substitute the fresh red chilli for a mild chilli powder, or leave it out. If you want an even bigger breakfast, fry off some chorizo sausages or similar, to bulk it out!

This can also be served as a supper dish or a wholesome lunch with a cool leafy salad.

Serves: 4
Preparation Time: 5 - 10 minutes
Cook Time: 35 minutes
Dietary: Vegetarian

Ingredients:

- 3tbsp vegetable oil
- 1 medium onion
- Small knob of ginger (about 3cm, peeled and grated)
- 2 garlic cloves, grated
- 1 red chilli, finely chopped (or substitute for a mild chilli powder if heat is a problem)
- 4 sprigs of thyme, leaves picked
- 400g tin chopped tomatoes
- 2tbsp freshly chopped coriander
- 4 large eggs
- Salt and ground black pepper, to taste
- Freshly chopped flat-leaf parsley, to garnish
- Flatbread to serve, in slices

Method:

1. Heat the oven to 180°C/350°F/Gas mark 4.
2. Gently heat the oil in a large frying pan with an ovenproof handle.
3. Tip in the onion, ginger, garlic, chilli and thyme, stir and cook for about 4-5 minutes until softened and well mixed.
4. Add the tomatoes and continue to stir until they are slightly broken down. Cook the mixture on a low heat, to prevent burning.
5. Add seasoning and the chopped coriander.
6. When the mix is ready, crack the eggs over the top giving them a little space in between.
7. Place into the oven until the eggs are cooked to your taste (soft and runny or hard).
Serve the breakfast on to separate plates, sprinkle with parsley and serve with a plate of warm flatbread.