









Breakfast Recipes

Eggs Afghani

Ingredients (Serves 2)

-  4 eggs
-  1 large potato
-  1 onion
-  2 large tomatoes (or 10 cherry tomatoes)
-  1 tbs vegetable oil
-  ½ tsp dried coriander
-  ½ tsp chilli flakes (optional)
-  Black pepper

**One
Life
Suffolk**

Method

1. Heat the oil in a medium-sized frying pan, chop the potato into small cubes and add to the pan, frying on a medium heat for 3 minutes.
2. Chop the onion finely and add to the pan along with the black pepper and chili flakes, fry for a further 2 minutes.
3. Chop the tomatoes and add to the pan, cover and continue to cook for a further 6 minutes, stirring occasionally.
4. Ensure all ingredients in the pan are spread out evenly, before carefully cracking the eggs on top, covering and cooking for a remaining 8 minutes or until eggs are fully cooked.
5. Sprinkle with coriander and serve.



Nutritional Information

[Approx. Per Serving]

Calories: 350Kcal
Carbohydrate: 42g
Fat: 18g
Protein: 22g

Cost:

[Approx.]
Total Ingredients: £8.00
Per Serving: £2.50