

Spicy African Egg Stew

This vibrant Spicy African Egg Stew is a healthy main dish, combining the richness of eggs with the bold flavors of tomatoes and spices. Perfect for a nutritious meal that packs a punch of flavor!



Main Dish

African

15 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 2 large eggs
- 1 medium tomato, chopped
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 small green bell pepper, diced
- 1 teaspoon olive oil
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper (adjust to taste)
- Salt, to taste
- Fresh cilantro, for garnish

Steps

- 1 In a small skillet, heat the olive oil over medium heat.
- 2 Add the chopped onion and garlic, sauté until translucent.
- 3 Stir in the chopped tomato and green bell pepper, cooking for about 5 minutes until softened.
- 4 Add paprika, cayenne pepper, and salt, mixing well.
- 5 Make two small wells in the mixture and crack an egg into each well.
- 6 Cover the skillet and let it cook for about 5-7 minutes, or until the eggs are cooked to your liking.
- 7 Garnish with fresh cilantro before serving.