**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Menemen |
| **Author:** | ILKAY GUNGORMUS |
| **Origin:** | TURKISH |
| **Characteristics:** | MAIN DISH |
| **Who created it?** | MY MOTHER |
| **Why is it special?** | IT IS A FAMILY DISH |
| **When do I eat it?** | WE EAT IT AT NOON |
| **Ingredients:** | - 6 eggs  - 1 green pepper  - 4 tomatoes  - Salt and pepper  - 1 red pepper  - 2 onions  - 3 tablespoons of olive oil |
| **Preparation:** | finely chop the onions.  2. Dice the peppers  3. Cut the tomatoes into small cubes.  4. pour the olive oil into a pan.  5. Heat and add the onions.  6. fry for 10 minutes  7. Add the diced tomatoes and peppers.  8. Add salt and pepper. Simmer for about 10 minutes.  9. Break the eggs in a bowl. Whisk the eggs with a fork.  10. Pour the beaten eggs into the pan over the vegetables.  11. Mix and cook for a few minutes.  12. Remove the pan from the heat and enjoy the menemen without delay.  Translated with www.DeepL.com/Translator (free version) |
| **Servings:** | SIX PERSONS |
| **Cooking time:** | 20 MINUTES |
| **Picture:** |  |