**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 minutes7. 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:** |  |