

# Garden Egg Abomu (stew)

Serves: 4



Equipment:



Large cooking pot,  
chopping board,  
knife,  
wooden spoon,  
frying pan,  
blender or pestle and mortar,  
large plate to serve,  
saucepan (optional)

Ingredients:



- 2 large aubergines, chopped
- 3 large tomatoes
- 1-2 fresh chillies
- 3 spring onions, roughly chopped
- 1 bell pepper, chopped
- 1 red onion, chopped
- 4 eggs
- 1 tbsp. rapeseed oil
- 200g brown rice (optional)



Method:

1. Chop the aubergine into quarters and place in the large cooking pot along with the whole tomatoes, whole fresh chillies and eggs (with shells on). Pour over boiling water and bring to the boil, cook for around 15 minutes until the ingredients are soft and the eggs are cooked.
2. While the vegetables are boiling finely chop the red onion, bell pepper and spring onion. Place to one side.
3. Once vegetables are soft remove the eggs and place them in a bowl of cold water.
4. Remove the chillies, tomatoes and eggplant from the pot and add them to the blender if you have one to hand. If you don't have a blender gradually add them one at a time to the pestle and mortar and crush them into a rough paste. Don't add water as this will make the mixture too runny.
5. Add one tablespoon of rapeseed oil to the frying pan. Once the oil is hot add the chopped onion, bell pepper and spring onions and cook for 3-4 minutes.
6. Place the eggplant paste in the middle of the serving plate and pour over the hot onion mixture. Roughly combine with the wooden spoon.
7. Remove the shells from the eggs and place the eggs in top of the vegetable mixture to serve. Serve with brown rice if preferred.