

Fish and Egg

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Egg Curry



Ingredients

- 1 dozen eggs
- 1 can diced tomatoes
- 1 can coconut milk
- 1 onion
- 5 tsp minced garlic
- 1/2 tsp allspice
- 1/2 tsp cardamom
- 1/2 tsp cinnamon
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp cloves
- 1/4 tsp coriander
- 1/4 tsp nutmeg
- 1/4 tsp pepper
- 1/4 cup flour

Or substitute all spices for 4 tsp [baharat seasoning](#).

Method

1. Soft-boil eggs, drain, run under cold water, and refrigerate until ready to add.

2. Finely slice onion and sauté with garlic until translucent.
3. Add coconut milk.
4. Mix spices and flour and add to pot. Stir well.
5. Add diced tomatoes and eggs.
6. Simmer until it thickens.

Fish Curry

Ingredients

- 700g / 1.5lb fish (4-5 whiting or tilapia fillets)
- 1 onion, chopped
- 1 capsicum, chopped
- 1 carrot, sliced thin
- 1 zucchini, sliced thin
- any other vegetables, e.g. spinach
- 2 cups coconut milk or unsweetened yoghurt
- 2 tbsp yellow or red curry paste

Method

1. Sauté onion and capsicum until soft.
2. Add carrot and zucchini and fry for several minutes.
3. Add coconut milk and curry paste and mix well.
4. Add fish and any soft vegetables like spinach or peas.
5. Simmer until cooked.

Notes

Serve with rice.

Makes 4 serves.

Pasta Carbonara

Ingredients

- spaghetti or linguine
- 6-8 rashers bacon
- 2 eggs
- 1/2 cup milk (or soy or almond milk)
- 1 tbsp garlic
- 1 tbsp nutritional yeast (or 1/2 cup cheese)

Method

1. Set pasta to boil until al dente.
2. Finely chop bacon and sauté with garlic until crispy.
3. Drain pasta and add it to the bacon.
4. Mix the egg, milk, and nutritional yeast or cheese in a cup and add it slowly to the pan, stirring as you do.
5. Stir on low heat until the egg is cooked, and then serve.

Notes

Makes 4 serves.