

Global Recipe

Nkiru

From: **Nigeria**

**25**  
min

# Yam & Eggs

[ YAHM an EHgz ]

## INGREDIENTS

- ✓ 1 yam
- ✓ 1 tsp salt (more if needed)
- ✓ 4 medium eggs
- ✓ 4 fresh medium-sized plum tomatoes (chopped)
- ✓ 1 small yellow onion (chopped)
- ✓ 1/2 small red bell pepper (chopped)
- ✓ 1/3 cup vegetable oil
- ✓ 1/2 tsp salt
- ✓ 1 Seasoning cube
- ✓ 1/2 tsp curry
- ✓ 1/2 tsp thyme

## EXPLORER STEPS TO SUCCESS:

- 1 Cut & Rinse:** Slice yam into any uniform shape and size, peel the skin off, rinse in clean water, & boil until soft. Then drain & set aside.
- 2 Egg Beat:** Crack eggs into a bowl, whisk with a little salt, and let them rest.
- 3 Sizzle Time:** In a pan, warm a bit of oil. Add onion and cook till it looks see-through.
- 4 Color Splash:** Toss in tomato and bell pepper, sprinkle curry, thyme, and salt. Stir until it turns into a bright, tasty sauce.
- 5 Egg Drop:** Pour eggs into the pan. Let them sit a minute, then stir so they turn into fluffy scrambled egg clouds.
- 6 Time to Explore:** Spoon the egg sauce over your yam shapes and taste your yummy adventure!

NIGERIA



Breakfast



Lunch



Dinner