

Turkish Menemen

Authentic Turkish Menemen recipe with scrambled eggs, tomatoes, and peppers. A quick, protein-rich breakfast ready in 30 minutes.

10 min

PREP

20 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 tomato
- 1 onion
- 3 green pepper
- 1 tsp salt
- 2 tbsp sunflower oil
- 6 egg

Instructions

- 1 Prepare the vegetables**

Dice 1 onion into small pieces. Cut 3 green peppers into small cubes, removing seeds and stems. Dice 3 tomatoes into small chunks.
- 2 Cook the aromatics**

Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the diced onion and cook for 3-4 minutes until softened and translucent.
- 3** Add the green peppers and 1 teaspoon salt to the skillet. Cook for 4-5 minutes, stirring occasionally, until peppers begin to soften.
- 4** Add the diced tomatoes to the skillet and stir to combine. Reduce heat to medium-low and cook for 8-10 minutes until tomatoes break down and release their juices, creating a chunky sauce.
- 5 Add the eggs**

Crack 6 eggs directly into the skillet over the vegetable mixture. Using a wooden spoon, gently stir and scramble the eggs into the vegetables, breaking up large pieces as they cook.

- 6 Continue cooking for 2-3 minutes, stirring gently, until eggs are just set but still slightly creamy. Remove from heat immediately and serve hot.

Tips

Use ripe, juicy tomatoes for the best flavor and natural sauce consistency. If your tomatoes aren't very juicy, you can add a tablespoon of water to prevent sticking.

Keep the heat at medium-low once you add the eggs to prevent them from cooking too quickly and becoming rubbery. The key is gentle, slow scrambling.

Don't over-stir the eggs once added – gently fold them with the vegetables using a wooden spoon or spatula to maintain a creamy texture.

For easier tomato peeling, score an X on the bottom of each tomato and blanch in boiling water for 30 seconds, then transfer to ice water.

Add the eggs when the vegetable mixture is still hot but not aggressively bubbling – this ensures even cooking without scrambling the eggs too quickly.

Taste and adjust seasoning at the end, as the tomatoes' acidity can affect the overall saltiness of the dish.

Serve immediately while hot for the best texture and flavor – Menemen doesn't hold well once cooked.

Use a non-stick or well-seasoned pan to prevent sticking, and ensure your pan is the right size for even heat distribution.