

# Piperade

This is a rustic French-Spanish dish from the Basque region of France and makes a hearty brunch or a late lazy lunch like we did today. The sweetness of the onion and peppers work so well with the velvety egg and smoky ham.

- 2 tablespoons olive oil
- 1 onion, thinly sliced and separated into rings
- 2 capsicum, seeded and sliced into batons
- 2 cloves garlic, crushed
- 4 tomatoes
- 1 pinch cayenne pepper
- 8 eggs, beaten
- 10 grams butter
- 8 slices smoky ham

## Method

**1.** Heat the oil in a large heavy-based pan and cook the onion for 3 minutes, or until softened. Add capsicum and garlic. Cover and cook over medium heat for 8 minutes, stirring often.

**2.** Score a cross in the bottom of each tomato. Plunge into boiling water for 20 seconds. Refresh under cold running water. Peel away the skin and discard. Roughly chop the tomatoes discarding the cores. Spoon the tomatoes over the capsicum mixture and sprinkle with cayenne pepper. Cover the pan and cook at a medium heat for a further 5 minutes.

**3.** Remove the lid from the pan and increase the heat. Cook for 3 minutes or until the juices have just evaporated, shaking the pan often. Season well with salt and pepper. Add the eggs to the mixture and stir until well-combined and the eggs are just cooked.

**4.** Meanwhile heat the butter in a small frypan and cook the ham until browned. Arrange the ham of the Piperade and serve immediately with crusty bread.



## Servings/Yield

4 servings

## Rating

★★★

## Cuisine

European : Western : French

## Difficulty

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## Categories

Breakfast, Ham

NUTRITION FACTS	
Servings:	4
<b>Amount Per Serving</b>	
Calories:	285
<b>Total Fat:</b>	17.60g
<b>Cholesterol:</b>	378mg
<b>Sodium:</b>	178mg
<b>Total Carbs:</b>	14.11g
<b>Dietary Fiber:</b>	3.75g
<b>Sugars:</b>	8.35g
<b>Protein:</b>	15.25g