

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Egg Stew



Food image courtesy of african-recipes.com

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Ingredients

- 1 medium onion (thinly sliced)
- 2 tablespoons tomato ketchup
- 1 teaspoon curry powder
- 1 teaspoon thyme powder
- Salt to taste
- 2 stock cubes (beef)
- ½ cup oil
- 6 eggs



Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. Slightly close the **SuperSaver** air regulator to reduce heat. Place a small pot on the jiko and add oil, then onions and stir fry until fragrant and just browning. Add in tomato ketchup, curry, thyme, salt and stock cube. Stir. Reduce heat to low by completely closing the **SuperSaver** air regulator. Cover the pot and leave the sauce to cook for about 15 minutes.
3. While sauce is cooking, crack the eggs into a large bowl. Beat with a fork until egg is well combined. Season with some salt and the left over stock cube.
4. Add in the whisked egg mix into the sauce, cover and leave to simmer for 6 minutes (the edges will set first). Gently move the formed eggs to the middle and simmer again until all set.
5. Serve with ugali to your family and see them enjoy and want more!

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