

# 20-Minute Egg in Spicy Tomato Sauce

## Ingredients

- 2 tablespoons olive oil
- 1/2 cup chopped onions
- 2 cloves garlic, minced
- 1/2 cup corn kernels
- 1 cup chopped kale
- 1 cup chopped tomatoes
- 1/2 teaspoon sumac (see notes)
- 1/2 teaspoon ras el hanout (see notes)
- 4 large eggs
- Salt and pepper, to taste
- Optional garnish: chopped parsley



## Directions

Heat oil in a skillet over medium heat. When the pan is hot, add onions and sauté for 2–3 minutes. Add garlic and a pinch of salt, and sauté for 30 seconds. Add corn and kale. When the kale has started to wilt, add tomatoes, and cook for 1–2 minutes. Stir in the sumac and ras el hanout.

Move the vegetables in the pan to create 4 wells for the eggs. Crack an egg into each well. Reduce heat to low, and cover the skillet with a lid. Cook the eggs until the whites are set, about 4–5 minutes. Check the eggs constantly to make sure that you don't overcook them. Turn off the heat. Add more salt and pepper to taste, and garnish with parsley if desired.

### Notes:

Sumac is a versatile spice with a tangy lemony flavor used in Middle Eastern cuisine. If your local grocery store does not carry sumac, you can substitute with 1/2 teaspoon lemon juice or lemon zest.

Ras el hanout is a seasoning blend used in Moroccan and North African cuisine. For this recipe, you can substitute 1/4 teaspoon ground cumin, 1/8 teaspoon ground ginger and a pinch each of paprika, ground coriander, ground cinnamon, ground allspice and ground cloves.

## Nutrition Information

**Serves: 2 | Serving Size: 1/2 recipe**

**Per serving:** *Calories: 338; Total Fat: 24g; Saturated Fat: 5g; Monounsaturated Fat: 14g; Cholesterol: 372mg; Sodium: 454mg; Carbohydrate: 18g; Dietary Fiber: 3g; Sugar: 5g; Protein: 16g*

**Nutrition Bonus:** *Potassium: 470mg; Iron: 16%; Vitamin A: 37%; Vitamin C: 41%; Calcium: 10%*