



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

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## Spicy Turkish Omelette

Menemen



4 eggs  
1 onion  
3 big ripe tomatoes  
7 tbsp vegetable oil  
1 tsp salt

- # Put the oil into the pot, when it gets a little bit hot, add diced onions, and cook until it turns to pink.
- # Peel the tomatoes, dice them.
- # Remove the seeds of the peppers, and slice them into 1 inch pieces.
- # Add the peppers onto the pink onions, when the peppers loose their colour a little add the tomatoes.
- # Break the eggs into a deep bowl, add 1 tsp salt, and whisk until get a smooth mixture.
- # Add the whisked eggs into the mixture with tomatoes, cook over medium heat until it reaches to the right consistency.
- # Sprinkle crushed red pepper all over and serve hot.

Note: For peeling the tomatoes easily, dip the tomatoes in the boiling water and get away after a few seconds.