

Omelet

What the Persian's call omelet is more like what we would call scrambled egg with tomato. It's usually not a pretty dish, but it is a tasty one that appears on almost every breakfast menu in Iran. Typically the egg is finely scrambled so that it's a creamy red mass, I opt for a bit more visual appeal by gently folding the almost set egg through the fried tomato. Either way it tastes great! Serve with black Persian tea for a traditional Iranian breakfast.

Serves 2

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 small brown onion, finely diced
- Salt flakes and freshly ground black pepper, to taste
- 25g butter
- 1 clove garlic, crushed
- 150g grape tomatoes, halved
- 4 eggs
- 3 green onions
- Fresh herb sprigs, for serving
- Flatbread, for serving



METHOD

1. Place oil in a small frying pan over low-medium heat.
2. Add onion and a generous pinch of salt, cover and cook, stirring occasionally, for 10-15 minutes, until just starting to colour.
3. Stir in butter, garlic and a good grind of pepper.
4. Once butter has melted, stir in tomato, spreading it out into an even layer.
5. Cook for about 5 minutes, without stirring, just shaking the pan gently from time to time, until tomato softens.
6. Make 4 indentations in the tomato and break in the eggs.
7. Cook for a couple of minutes until they set on the bottom then gently fold the uncooked egg under the cooked to lightly scramble it through the tomato.
8. Serve immediately with green onion, herbs and bread on the side.