

Galliova Egg Hero (Sifo The Cooking Husband)

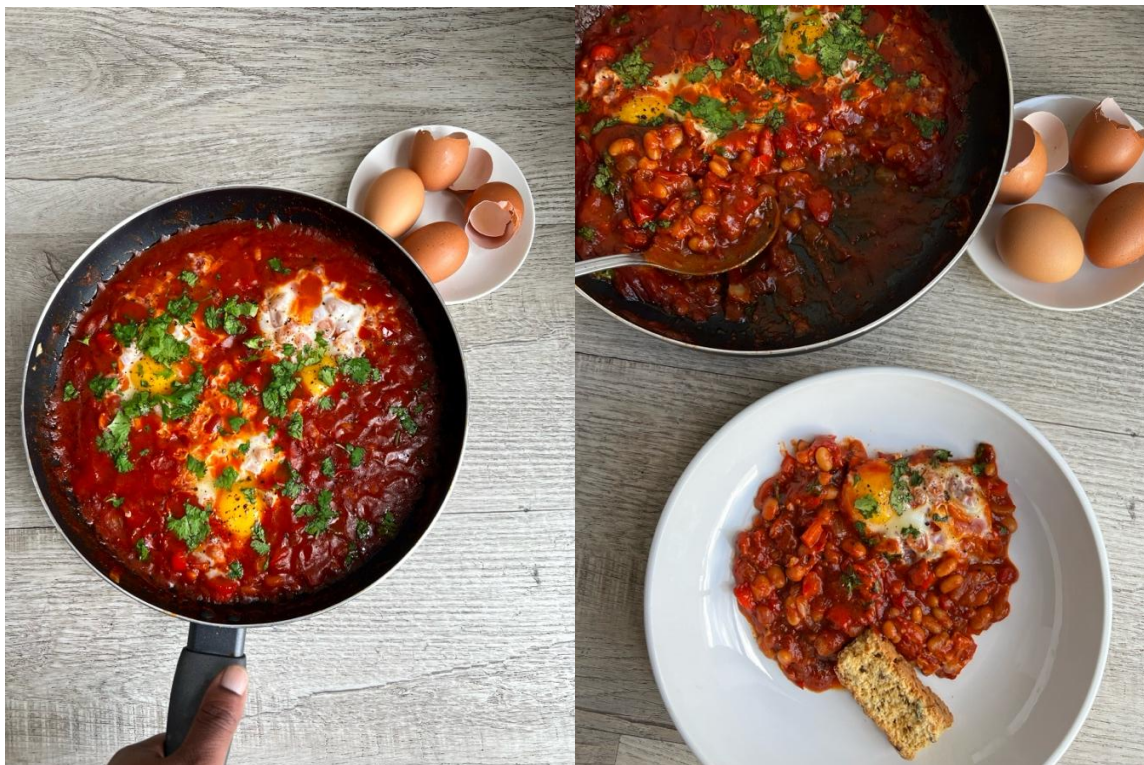
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1. Spicy Egg Shakshuka



<https://www.instagram.com/reel/Cx93moJMgko/?igsh=czl4YmNtOXkxMGFv>

Serves 2-4 (less than R100)

Preparation time: 5min

Cooking time: 30min

Tip: Eggs contain essential vitamins and minerals such as vitamin D, vitamin B2 B5 B12, Vitamin A, selenium, iron and folate. All these are vital nutrients in supporting your healthy, balanced diet.

Ingredients

- 4 large eggs
- 1 medium onion, diced

- 2 Tbsp canola oil
- 1 large red bell pepper
- 400g canned tomatoes
- 400g canned baked beans
- 1 tsp mild curry powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp paprika
- 20g fresh parsley to garnish
- Salt and pepper to taste

Method

1. In a large sauce pan, heat the oil over medium heat. Add in the onion and bell pepper, cooking until softened for about 5-7 minutes. Stir in the cumin, garlic powder, paprika, curry powder and cook for 1-2 minutes until fragrant, avoid burning it.
2. Pour in the canned tomatoes, baked beans and season with salt and pepper. Stir well to combine. Bring the mixture to a simmer and let it cook for about 10-15 minutes until the sauce thickens.
3. Use a spoon to create small wells in the sauce, then carefully crack an egg into each well.
4. Cover the saucepan with a lid and let the eggs cook until the whites are set but the yolks are still runny, for about 5-7 minutes. If you prefer firmer yolks, cook them a little longer.
5. Once the eggs are cooked to your liking, remove the pan from heat. Garnish with fresh parsley. Serve hot with crusty bread for dipping into the egg shakshuka.

2. Egg & Bean Curry



<https://www.instagram.com/reel/C8KPnFAMEP8/?igsh=MXg3NnZubWNkcG93dw==>

Serves 4-6 (less than R150)

Preparation time: 10min

Cooking time: 30min

Tips: Eggs are one of the most nutrient-dense foods available. They are rich in healthy nutrients like protein, vitamins and minerals, but low in unhealthy saturated fats, sugar and salt (sodium). Fresh eggs are better for soft-boiling, while slightly older eggs are easier to peel after hard-boiling.

Ingredients

- 100g mushrooms, sliced (Optional)
- 1 large onion, diced
- 2 Tbsp canola oil
- ½ tsp cayenne seasoning
- 1 tsp mild curry powder
- 1 tsp mild garam masala powder
- 1 tsp paprika

- ½ tsp curry paste
- ¼ tsp sugar
- 100ml water
- 400g baked beans
- Salt and pepper, to taste
- 6 large eggs
- 20g fresh parsley, chopped

Method

1. In a hot pat heat oil over medium heat, add onion, mushrooms and fry for 3-5 minutes. Add in curry paste and stir. Add all the spices and sugar. Add the beans and stir. Add water, then lower the heat and let it simmer for 5-10 minutes stirring occasionally.
2. In another pot boil water then add eggs and boil the eggs for 6 minutes or longer if you prefer well done eggs. Remove the egg shells, add the eggs to the bean curry mixture then season with salt and pepper to taste.
3. Garnish with fresh parsley. Cover with a lid and let it simmer for another 4-5 minutes. Serve warm with rice.

3. Egg and Pork fillet Breakie



<https://www.instagram.com/p/C34emwAsTqA/?igsh=MTE4d3ZvNzNhODByZA==>

Serves 1 (less than R100)

Preparation time: 5min



Cooking time: 20min

Tips: Bring eggs to room temperature before cooking to ensure even cooking. Eggs stay fresher longer when stored in their original carton.

Ingredients

- 200g -300g crumbed pork chop/ fillet
- 1 large egg
- 1 Tbsp canola oil
- 1 slice of mozzarella cheese
- 2 Tbsp tomato pasta sauce
- Salt and pepper to taste

Method

1. In a medium pan heat oil over medium heat, carefully crack an egg into the pan and cover with a lid and fry for 2-4minutes until the whites are completely set but yolks are still runny. Season with salt and pepper to taste. Remove and keep aside.
2. Place the pork fillet into an air fryer basket and air fry at 180 Degrees Celsius for about 12-15minutes depending on the thickness of you pork chop.
3. Once cooked add the sauce and cheese on top of the pork chop. Air fry for 1-2 minutes until the cheese is melted. Place the fried egg on top and serve.

4. Bacon and Egg Croissant



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Serves 2 (less than R100)

Preparation time: 5min

Cooking time: 20min

Tip: Use a non-stick pan and a silicone or rubber spatula. This will assist to stir the eggs with ease.

Ingredients

- 2 croissants
- 2 Tbsp cream cheese
- 4 large eggs
- 100ml fresh cream
- 100g streaky bacon
- 2 Tbsp butter or margarine
- Salt and pepper to taste

Method

1. Add the bacon into an air fryer basket and air fry for 10-12 minutes until the bacon is crispy. Remove and keep aside.

2. Crack the eggs into a medium bowl then add in the cream. Whisk until smooth and combined.
3. In a non-stick pan melt butter over medium heat. Pour in the egg mixture and let it sit, without stirring, for 20 seconds. Stir with a silicone spatula, lifting and folding it over from the bottom of the pan. Season with salt and pepper.
4. Continue cooking over medium-low heat, folding and stirring the eggs every few seconds. Repeat until the eggs are softly set and slightly runny in places. Remove from the heat and leave for a moment to finish cooking.
5. Cut the croissants in half and smear with cream cheese one side. Top the smeared side with bacon and the eggs and place the other half of the croissant on top to make a sandwich. Warm it for 1 minute in an air fryer.

Load Shedding Tip: This recipe is quick and easy to make.

5. Breakfast Burger



<https://www.instagram.com/reel/C7YXK20ssvf/?igsh=OWE2cGdmZ3p4c2Nh>

Serves 2 (less than R150)

Preparation time: 5min

Cooking time: 25min

Tips: Eggs are a good source of choline, which is important for brain health and metabolism. They also provide high-quality protein, making them a great food for muscle repair and maintenance.

Ingredients

- 2 English muffins
- 2 large eggs
- 3 Tbsp canola oil
- 4 Pork or beef patties
- 4 slices of smoked ham or bacon
- 4 slices of cheddar cheese
- 2 Tbsp butter or margarine
- 2 Tbsp mayonnaise
- 1 Tbsp hot sauce
- Salt and pepper to taste

Method

1. Cut the English muffins in half and lightly butter the cut sides. Toast them in a hot pan or toaster until they are golden brown.
2. In a pan heat oil over medium heat, fry the ham for about 1-2 minutes on each side until heated through and slightly crispy. Remove and keep aside.
3. In the same pan heat oil over high heat, cook the patties for about 4-5 minutes on one side (this depends on the thickness of your patties). Flip the patties and cook for another 3-4 minutes. Place a slice of cheese on each patty. Cook for 1-2 minutes or until the cheese is melted.
4. In the same pan heat oil over medium heat, crack the egg gently into a small bowl to avoid any shell pieces. Then, carefully slide the egg into the pan. Cook for about 4-5 minutes without flipping, until the whites are set but the yolk remains runny. You can cover the pan with a lid to help the whites cook through while keeping the yolk intact. Cook the egg for longer, if you prefer your eggs slightly well done.
5. In a small bowl mix together mayonnaise and hot sauce. Keep aside.
6. On the bottom half of each toasted English muffin, smear the mayonnaise mixture then place two patties on top, fried egg and a slice of ham then top with the other half of the English muffin. Serve immediately while warm.