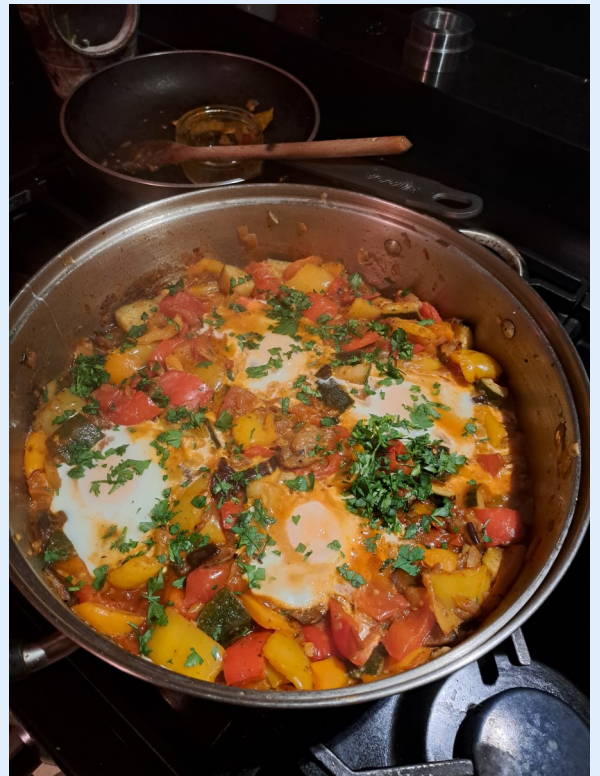


**PISTO CON HUEVOS** – Serves 2 (photo shows quantity for 4)

“Ah, Pisto!” – as the old gravy advert almost used to go. Pisto is originally from the La Mancha region of Spain and it’s really the Spanish equivalent of the French dish, ratatouille. It’s a recipe that’s suitable for vegans/vegetarians but I guess you could throw in a few chunks of cooking chorizo at the stage of adding the herbs, if you absolutely can’t do without some meat in your meals!

### Ingredients

1 tbsp olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
2 different coloured peppers, chopped into chunks  
1 tsp dried oregano  
Leaves from a few thyme sprigs  
2 bay leaves  
1 courgette, chopped into chunks  
½ aubergine, chopped into chunks  
2 large tomatoes, roughly chopped  
2 large eggs  
Smoked paprika to taste  
½ small pack parsley, leaves roughly chopped



### Method

Heat the oil in a large flameproof casserole dish or a cast-iron skillet over a low heat. Add the onions and a sprinkle of salt, cover and cook gently for 15 mins, stirring occasionally. Add the garlic and cook for another 2 mins.

Next, throw in the peppers and cook over a medium heat, covered, for about 5 mins, stirring every so often, until the peppers are just tender.

Mix in the oregano, thyme, bay leaves, a little smoked paprika and some black pepper and a little salt, if needed. Tip in the courgette and aubergine, combine thoroughly, and cook over a medium heat, covered, for 10 mins. Stir in the tomatoes, cover and cook for 20 mins, stirring occasionally.

Carefully crack the eggs into the pisto – try not to break the yolks. Making two shallow wells in the pisto helps. Cook in the sauce on a medium heat for 5–6 mins until the eggs are cooked through but still a little soft, then scatter with parsley before serving.

**Serve with country-style bread and fruity red wine – Enjoy!**