



Moist, light scrambled eggs that have the warmth of ginger, garlic and the nuttiness of sesame seeds. These scrambled eggs will change your life for good!

### Ingredients

2 eggs

1/2 red onion, finely sliced

1/2 green bell pepper finely diced.

1/2 of a thumb sized root of ginger

3 cloves of garlic

2 table spoons of sesame seeds

Salt and pepper to taste

Vegetable oil for frying



## Method

Finely slice your onion and your green red bell pepper. Add some salt to this and some black pepper according to your own tastes. Sauté these until they are soft.

Chop your ginger and garlic into small pieces and pound them into a paste using a pestle and mortar, otherwise known as a kinu in Kenya. Put your eggs in a bowl and beat them together with the minced garlic and ginger.

Add these beaten eggs to your sautéed onion and green bell pepper. Once the eggs set (turn white) put the sesame seeds on top then begin scrambling them.

Once they have attained your preferred level of moisture or of readiness, remove them from the heat. I like mine moist, but not too runny. After plating your eggs, garnish them with some of the sesame seeds.



**SERVE WITH:** some bread, baked beans, yoghurt, tea, coffee or on their own.

---

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/sesame-seed-ginger-scrambled-eggs/>