



## FANTASTIC EGG RECIPES



# GHANAIAN EGG FRIED RICE

by AMPLIFIES Ghana

## Ingredients

- Boiled rice
- Mixed peppers
- Spring onions and carrots
- Eggs
- Soy sauce
- Salt
- Curry powder
- Vegetable oil
- Maggi cube

**PREPARATION: 10MIN**

**COOKING: 10MIN**

**READY IN: 20MIN**

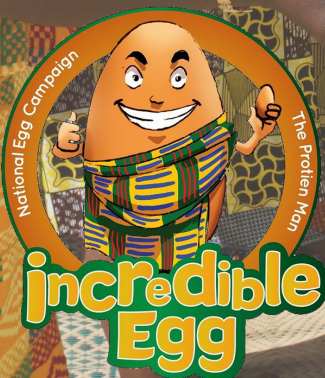
## Directions

1. Heat a wok with oil on the highest flame.
2. Add onions and stir continuously for 2-3 minutes.
3. Add pepper, Maggi cube and curry powder.
4. Break eggs and slip into pan and stir.
5. Reduce the heat and add boiled rice to the mixture.
6. Add soy sauce and stir for about 5 minutes.
7. Serve with shito or salad ball.

*Note: One egg can serve 20 students to achieve 20% protein of their required 30% daily requirement. The other 10% will be from other sources.*







## FANTASTIC EGG RECIPES



# EGG KONTONMIRE STEW

by AMPLIFIES Ghana

## Ingredients

- 2 packs of kontomire (cocoyam leaves)
- 2 eggs
- 5 tomatoes
- 2 large onions
- 1 ginger
- 5 cloves garlic
- 1 large pepper
- Palm oil
- Salt & Seasoning

**PREPARATION: 10MIN**

**COOKING: 20MIN**

**READY IN: 30MIN**

## Directions

1. Clean the leaves thoroughly with clean water preferably warm water and cut the leaves in small sizes.
2. Chop an onion and in a blender, blend the garlic, ginger, the other onion, pepper and chopped tomatoes.
3. Put the pan on fire and add the oil and let it heat.
4. Add the chopped onions and fry the onions until they turn brown.
5. Add the chopped tomatoes, this depends if you like them chopped or blended (the blended mixture prepared in step 2).
6. Add seasoning and allow them to cook as you stir simultaneously.
7. Add your chopped kontomire and cook under low heat and make sure they don't get burnt.
8. Add smoked fish, if you have available
9. Add salt and seasoning to taste.





## FANTASTIC EGG RECIPES



# GHANAIAN EGG JOLLOF RICE

by AMPLIFIES Ghana

## Ingredients

2 large yellow onions, roughly chopped  
⅓ cup vegetable oil(80 mL), plus 2  
tablespoons, divided  
14 oz diced tomato(395 g)  
2 cans  
6 oz tomato paste(170 g), 1 can  
1 habanero pepper  
2 teaspoons curry powder  
1 teaspoon garlic powder  
1 teaspoon ground ginger  
½ teaspoon mixed dried herbs  
3 chicken bouillon cubes, crushed  
2 ½ cups long grain rice(500 g), rinsed  
2 eggs  
1 ½ cups water(360 mL)

**PREPARATION: 10MIN**

**COOKING: 30MIN**

**READY IN: 40MIN**

## Directions

1. Add onions and 2 tbsp oil and blend. Separate. Add diced tomatoes, tomato paste and habanero pepper and to a blender and pulse until smooth.
2. Heat the remaining ⅓ cup (80 ml) of oil in a large, heavy-bottomed pot over medium heat. Once the oil is shimmering, add the onion puree and cook until the water has cooked out and the puree is starting to brown, about 10 minutes.
3. Stir in the tomato puree and add the curry powder, garlic powder, ginger, dried herbs, and crushed bouillon cubes. Cook for 20-30 minutes, stirring occasionally, until the stew has reduced by half and is deep red in color.
4. Add the rice, mixed vegetables, and water. Bring to a boil, then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 30 minutes, until the rice is cooked through and the liquid is absorbed.
5. Add salt to taste.

