

Less than 30 minutes

Serves 4

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Ingredients:

- 1 red onion, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 2 cloves garlic, crushed
- Glug olive oil
- 1-2 tsp (5-10ml) sugar or xylitol
- 2 Tbsp (30ml) red wine vinegar
- Butter, for frying
- 8 jumbo free-range eggs, whisked
- Buttered toast, for serving
- Handful basil leaves, for serving

Method

1. Sauté onion, peppers and garlic in oil until soft.
2. Add sugar and vinegar, and cook to reduce.
3. Heat butter in a non-stick pan.
4. Cook eggs by carefully folding until just set.
5. Serve eggs with pipérade on toast, scattered with basil.

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