

Vegetarian Style Portuguese Peas with Eggs



Georgina Minnes
Public Health Services



A traditional Portuguese recipe adapted to meet vegetarian standards

Serves 4

2 tbsp	olive oil
2 medium	shallots, chopped
100 grams	extra firm tofu, crumbled
2 cloves	garlic, minced
½ tbsp	pimenta moida (pimento paste)
2 cups	tomatoes, grated to create the consistency and juiciness of stewed tomatoes
¼ cup	red wine
1	bay leaf
¼ cup	fresh mint or parsley, chopped
2-3 cubes	frozen spinach, minced
3 cups	frozen peas
4	eggs

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Serve with:

prepared brown rice
crusty whole grain bread

1. In large pan, heat olive oil and sauté shallots over medium heat for 4 minutes.
2. Add the tofu and cook for 4 minutes.
3. Add garlic, pimenta moida, tomatoes and cook for an additional 3 minutes.
4. Stir in the red wine and cook for another 5 minutes.
5. Add in the bay leaf and parsley. Allow it to simmer for about 10-12 minutes, stirring occasionally.
6. Add spinach. Stir in the peas, making sure peas are coated with the sauce.
7. Create 4 circular hollows in the pan and crack one egg into each hollow.
8. Cover the pan and allow the eggs, peas and spinach to cook for about 10 minutes.
9. Spoon some sauce over the cooked eggs and cover the pan for an additional 2 minutes.
10. To serve, place one egg on a plate. Spoon over vegetable tofu mixture. Serve with ½ cup of brown rice or 1 slice of crusty whole grain bread.

