

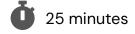




Mexican Beef and Eggs

with Flatbread

Perfectly cooked eggs in a flavourful Mexican beef and tomato sauce, topped with a colourful salsa and served with warm flatbread.





2 servings



Beef

Spruce it up!

You can add lime juice, fresh coriander or jalapeño chillies to your toppings if you have some. A dollop of yoghurt or sour cream on top of the eggs also works well!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

g 39g

9g

38g

FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
TINNED CHOPPED TOMATOES	400g
FREE-RANGE EGGS	6-pack
GREEN CAPSICUM	1
AVOCADO	1
ТОМАТО	1
LEBANESE FLATBREAD	1 packet

FROM YOUR PANTRY

oil for cooking, smoked paprika, ground cumin

KEY UTENSILS

large frypan with lid, frypan or griddle pan

NOTES

Toast the flatbread in a sandwich press or the oven if preferred. You can also cut it into triangles for scooping.

No gluten option - Lebanese flatbread is replaced with GF Lebanese flatbread.



1. SAUTÉ THE BEEF & ONION

Heat a large frypan over medium-high heat with oil. Add beef mince. Chop onion and add to pan along with 2-3 tsp smoked paprika and 3 tsp cumin. Cook for 5 minutes, until fragrant and browned.



2. ADD THE SAUCE AND EGGS

Pour **chopped tomatoes** into pan and stir to combine. Crack in **4-6 eggs** (use to taste). Cover and cook for 8-10 minutes or until the eggs are cooked to your liking.



3. PREPARE THE TOPPINGS

Meanwhile, dice **capsicum**, **avocado** and **tomato**. Toss together and set aside.



4. WARM THE FLATBREAD

Heat a frypan or griddle pan over high heat (see notes). Toast **flatbread** in pan for 30 seconds each side. Keep warm in a clean towel.



5. FINISH AND SERVE

Scatter toppings over Mexican eggs and serve with flatbread.



How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



