



Product Spotlight: Free-range Eggs

Did you know you can add crushed egg shells straight to the soil in your garden? While it might not help this season's plants, it will help to add calcium directly to the soil as the shells decompose.



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.



25 minutes



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
	40g	39g	38g

FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
TINNED CHOPPED TOMATOES	400g
FREE-RANGE EGGS	6-pack
GREEN CAPSICUM	1
AVOCADO	1
TOMATO	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.



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