



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 |
|------------|---------|-----------|---------------|
| | 46g | 38g | 49g |

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 150g basmati rice. Place rice in a saucepan and cover with 300ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



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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 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 **tomatoes**. Toss together and set aside (alternatively serve separately).



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

