



### 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



4 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 |
|------------|---------|-----------|---------------|
|            | 49g     | 22g       | 39g           |



## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| BEEF MINCE         | 600g     |
| BROWN ONION        | 1        |
| TOMATO PASSATA     | 1 jar    |
| FREE-RANGE EGGS    | 6-pack   |
| GREEN CAPSICUM     | 1        |
| AVOCADO            | 1        |
| TOMATOES           | 2        |
| 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 corn tortillas. Toast tortillas in pan over high heat for 10 seconds each side, or cook in a sandwich press.



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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 **1 tbsp smoked paprika** and **1 tbsp cumin**. Cook for 5 minutes, until fragrant and browned.



### 2. ADD THE SAUCE AND EGGS

Pour passata into pan and stir to combine. Crack in eggs. Cover and cook for 8-10 minutes or until eggs are cooked to your liking.



### 3. PREPARE THE TOPPINGS

Meanwhile, dice capsicum, avocado and tomatoes. 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.



### 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**

