

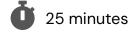




Mexican Beef and Eggs

with Flatbread

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





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

g 42g

g

37g

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 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 1 tbsp smoked paprika and 1 1/2 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 in a clean towel.



5. FINISH AND SERVE

Scatter toppings over Mexican eggs and serve with flatbread.







