



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FREE-RANGE EGGS

Eggs have a heap of disease-fighting nutrients, good quality protein and an array of vitamins and minerals. Both your brain development and memory may get a boost by the choline content as well!



2. MEXICAN BEEF & EGGS

Perfectly cooked eggs in a mildly-spiced Mexican tomato and meat sauce. Topped with crispy fresh vegetables and served with warm corn tortillas.

 20 Minutes

 4 Servings

11 May 2020

FROM YOUR BOX

BEEF MINCE	600g
RED ONION	1
GARLIC CLOVES	2
CRUSHED TOMATOES	2 x 400g
FREE-RANGE EGGS	4-6
CORN TORTILLAS	1 packet
GREEN CAPSICUM	1
AVOCADO	1
CORN COB	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground cumin, smoked paprika

KEY UTENSILS

frypan with lid, frypan

NOTES

Add 1 tsp dried oregano for extra flavour.

Add some chilli to the sauce or serve with your favourite hot sauce if you like some heat, alternatively add a dollop of natural yoghurt or sour cream!

No beef option - beef mince is replaced with chicken mince. Use oil when cooking.



1. BROWN THE MINCE

Heat a large frypan over medium-high heat. Add beef mince, cook for 5-6 minutes or until browned and 'dry'. Dice and add onion, season with **salt and pepper**.



2. SIMMER THE MEAT SAUCE

Crush in garlic and season with **2 tsp cumin and 2 tsp smoked paprika**. Cook briefly then pour in crushed tomatoes. Simmer for 4-5 minutes or until slightly reduced.



3. CRACK IN THE EGGS

Use a spoon to make 4-6 indents in the mince mixture, crack an egg into each indent. Cover pan with a lid. Cook for a further 5-7 minutes, or until eggs are cooked to your liking.



4. WARM THE TORTILLAS

In the meantime, warm tortillas in a hot, dry pan according to packet instructions. Place on kitchen towel as you go to keep them soft.



5. PREPARE THE GARNISH

Dice capsicum and avocado, cut corn kernels from cob.



6. FINISH AND SERVE

Sprinkle Mexican beef and eggs with garnish ingredients. Serve with tortillas.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

