



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Eggs

Eggs are nutritional powerhouses! They contain high-quality protein, iron, an abundance of vitamins, minerals and disease-fighting carotenoids!



## 3 Huevos Rancheros with Sunny Eggs

A plate of festive colours! Authentic corn tortillas topped with Mexican spiced beans, sunny fried egg and all the fresh trimmings.

 30 minutes

 4 servings

 Vegetarian

21 September 2020

### Spice it up!

*For added depth of flavour, add some smoked paprika or a little cayenne pepper to the beans as they cook. Finish the dish with a squeeze of fresh lime or drizzle of hot sauce if you have some!*

Per serve: **PROTEIN** 24g **TOTAL FAT** 19g **CARBOHYDRATES** 47g

## FROM YOUR BOX

TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
CORIANDER	1/2 packet *
AVOCADO	1
FETA CHEESE	1/2 packet (100g) *
SPRING ONIONS	1/3 bunch *
GREEN CAPSICUM	1
MIXED BEANS	2 x 400g
TOMATO PASTE	1 sachet
FREE RANGE EGGS	4
CORN TORTILLAS	8 pack

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, red wine vinegar

## KEY UTENSILS

2 frypans

## NOTES

Keep the tortillas warm in a clean tea towel until serving.

**Protein upsize add-on option – kimchi.** Serve as a topping for the eggs.



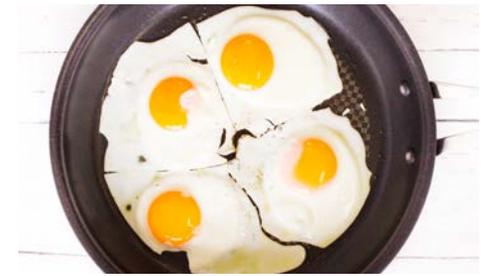
### 1. PREPARE THE TOPPINGS

Dice tomatoes and cucumber. Chop coriander and slice avocado. Crumble feta cheese. Set aside.



### 2. COOK THE BEANS

Slice spring onions and capsicum. Drain and rinse beans. Add all to a frypan over medium-high heat with **oil**. Stir in tomato paste, **2 tbsp cumin**, **1 tbsp vinegar** and **3/4 cup water**. Simmer for 10 minutes then season with **salt and pepper**.



### 3. COOK THE EGGS

Meanwhile, heat a second frypan over medium-high heat with **oil**. Crack in eggs and cook for 3-4 minutes or to your liking.



### 4. COOK THE TORTILLAS

Wipe the pan clean and cook tortillas according to packet instructions. Keep warm (see notes).



### 5. FINISH AND PLATE

Divide tortillas among plates. Top with beans, fried eggs and fresh toppings.

**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](mailto:hello@dinnertwist.com.au)

