

Huevos Rancheros

One of my favourite egg dishes that makes a fantastic brunch. A one pan meal full of flavour, fibre and nutrients.

Ingredients

½ tbsp olive oil
1 red onion finely diced
1 celery stalk finely diced
1 red pepper diced
1 medium carrot, peeled and diced
1-2 cloves of garlic, finely chopped or minced
4 eggs
1 tsp chilli flakes
1 tsp smoked paprika
A tin of chopped tomatoes
100ml water



Method

- *in a large frying pan heat the olive oil and fry the onion, garlic, carrot, celery, pepper until they have softened.
- *Add the spices and stir them through the veggies, cooking for a few more minutes.
- *Add the tin of chopped tomatoes and water. Cook down until the sauce thickens and the veggies are completely cooked.
- *Finally use a spatula or spoon to create wells in the sauce and crack an egg into each one.
- *Cook for a further 5-6 minute until the eggs are cooked.
- *Top with fresh coriander and serve immediately

Recipe notes

Add a tin of beans e.g. cannellini, black, borlotti to the sauce to make it more substantial. Serve with some sourdough bread.



Serves 2:
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
Cals: 260
Protein: 16g
Carbs: 13g
Fat: 14g
Fibre: 6g