

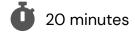




# **Mexican Beef and Eggs**

# with Flatbread

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





2 servings



# 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!

TOTAL FAT CARBOHYDRATES

32g

#### **FROM YOUR BOX**

BEEF MINCE	300g
BROWN ONION	1
TOMATO PASSATA	1 jar
FREE-RANGE EGGS	6-pack
GREEN CAPSICUM	1
AVOCADO	1
ТОМАТО	1
LEBANESE FLATBREAD	5-pack

#### 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.



# 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 3 tsp smoked paprika and 2 tsp cumin. Cook for 5 minutes, until fragrant and browned.



#### 2. ADD SAUCE AND EGGS

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



#### 3. PREPARE THE TOPPINGS

Meanwhile, dice capsicum, avocado and tomato. 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.



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