

Quick and easy



Huevos rancheros

Serves 1

1 tsp olive oil

½ red onion, peeled and finely chopped

½ red pepper, deseeded and finely diced

1 clove of garlic, peeled and crushed

130g tinned chopped tomatoes

½ tsp smoked paprika

2 medium eggs

2 small corn tortillas

95g tinned black beans, drained

20g feta, crumbled

Small bunch of coriander, roughly chopped

Method

Preheat the grill to high then heat half of the oil in a frying pan. Add the onion, pepper and garlic and fry gently for 5 minutes until soft. Add the tomatoes and smoked paprika, bring to a simmer then cook for 5 minutes until thickened and reduced. Season to taste and set aside.

Meanwhile, heat the remaining oil in a separate frying pan over a medium-high heat. Crack the eggs into the pan and fry for a couple of minutes until the whites are set. Whilst the eggs are frying, warm the tortillas under the grill until crisp and heat the beans in the microwave for a couple of minutes.

Spoon the tomato sauce over the tortillas then top with the beans and eggs. Finish with the feta and coriander then serve.

Tips

Batch cook several portions of the tomato sauce. This will store in the fridge for up to 3 days or can be frozen for up to 1 month. Defrost overnight in the fridge and reheat in the microwave.

Alternative ingredients

To make this recipe dairy free you can swap the feta cheese for 50g of extra black beans or an extra egg.