

Huevos Rancheros Mexican Breakfast

Serves 2 | Allow 30 minutes | Methodical, easy recipe



Ingredients

- 1 onion, finely diced
- 2 cloves of garlic, crushed
- 2 red peppers, deseeded and finely diced
- 1 small red gunidilla chilli, finely sliced
- 1 bay leaf
- 100 g of cooked black beans
- 1 tin (400 g) of whole plum tomatoes
- 2 large tomatoes, sliced
- Olive oil
- 4 large free range eggs
- 2 flour tortillas, cut into fours
- Cheddar cheese
- ½ a tin of refried beans
- 1 tbsp of chilli paste (sambal oelek)
- 1 avocado
- 1 lime
- 2 small fresh chorizos, diced (optional)
- Half a bunch of coriander, destalked and chopped

Method

1. Preheat the oven to 180°C
2. Peel the avocado and mash it in a bowl with the tbsp of chilli paste and a small squeeze of lime, then leave it to one side.
3. Put a large non-stick frying pan (make sure you've got the lid to go with it) on a high heat and add 2 table spoons of olive oil.
4. Fry the onion, garlic, peppers, fresh chilli and bay leaf, with a good pinch of sea salt and black pepper.
5. Turn down the heat and cook for around 15 minutes until nice and soft.
6. Pour in the tinned tomatoes using a potato masher to squash and break them up.
7. Bring to the boil then simmer on a low heat for 5 more minutes or until you've got a nice thick stew consistency. Taste and add more seasoning if required.
8. Stir the cooked black beans into the mix and lay the slices of fresh tomato on top.
9. Use a spoon to make four wells in the stew then crack an egg in each one so it can poach to poach in the juices. Try to add one egg quickly after the other so that they all get to cook for roughly the same amount of time.
10. Layer the Cheddar slices around the eggs, season from a height, pop the lid on and cook for 3 to 4 minutes or until the eggs are to your liking.
11. Put your flour tortillas on a tray in the preheated oven and bake for 2 to 3 minutes until crisp.
12. Sauté your chorizo in a nonstick pan on a high heat until caramelized and a little bit crispy (this step is of course optional).
13. Your eggs should now be cooked. To finish; grate on a little extra cheese, spoon on the avocado mix and refried beans, sprinkle with coriander, squeeze with lime, scatter with chorizo (optional) and drizzle with the oil from the chorizo pan (optional).
14. To serve bring the pan to the table and enjoy tear and share style.