

Mexican Eggs

Serves: 6

Prep time: 15 minutes

Cook time: 40 minutes

 3 ½ serves per portion

Ingredients

2 tablespoons olive oil
1 brown onion, finely chopped
½ teaspoon chilli flakes
1 teaspoon smoked paprika
2 teaspoons ground cumin
Black pepper, to taste
1 large red capsicum, deseeded, finely chopped
1 large eggplant, chopped
1 large zucchini, chopped
400g kidney beans, drained, rinsed
400g diced tomatoes, fresh or canned
2 cups spinach
½ cup water
6 eggs
½ cup coriander leaves
1 avocado, thinly sliced
Natural yoghurt, to serve
Lime, to serve
6 wholemeal tortillas (*optional*)

Method

PREHEAT oven to 180°C (160°C fan forced).

HEAT oil in a large frypan pan over medium heat. Add onion, chilli, smoked paprika, cumin, and pepper. Cook for 4-5 minutes or until softened.

ADD capsicum, eggplant, zucchini, kidney beans, tomatoes and water and bring to a boil.

REDUCE heat to a simmer and cook, stirring occasionally, for 8-10 minutes, or until thickened.

ADD spinach. Spoon the mixture into six 1 cup-capacity ovenproof dishes (or one large dish).

MAKE an indentation into each bean mixture and crack an egg into each.

BAKE for 15-18 minutes or until the egg is cooked to your liking.

SERVE with coriander, avocado, natural yoghurt, lime and wholemeal tortillas.



Everyday Food

Recipe courtesy of the Country Kitchens team