



Huevos Rancheros

with Feta and Smashed Avo



30-40min



2 Portions

Bring Mexican flavours to the weeknight table with our take on huevos rancheros. Traditionally, tortillas are warmed through, ladled with tomato salsa and topped with fried eggs, but we've added refried beans, guacamole, fresh tomato and creamy feta for a generous, family-friendly twist.

What we send

- garlic, capsicum, tomato
- coriander
- avocado
- feta ⁷
- flour wraps ^{1,6,7}
- Mexican spice blend
- borlotti beans
- lime

What you'll require

- eggs ³
- olive oil
- sea salt and pepper
- water

Utensils

- large frypan
- medium frypan
- potato masher
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

For less heat, add the Mexican seasoning to taste.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 915kcal, Fat 49.2g, Carbs 79.0g, Proteins 30.6g



1. Prepare ingredients

Finely chop the **coriander**, including the stems. Finely grate the zest of **half the lime**, then juice the half (reserve remaining half for another use). Cut the **tomato** into 1cm chunks. Crush or finely chop the **garlic**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Drain and rinse the **borlotti beans**.



2. Make smashed avocado

Scoop the **avocado** flesh into a bowl, discarding the skin and stone, and mash with a fork. Stir in **half the coriander** and **2 tsp lime juice**. Season with **salt and pepper**.



3. Cook capsicum

Heat **1 ½ tbs olive oil** in a medium frypan over medium heat. Cook the **capsicum**, stirring, for 5 mins or until softened. Remove from the pan and cover to keep warm.



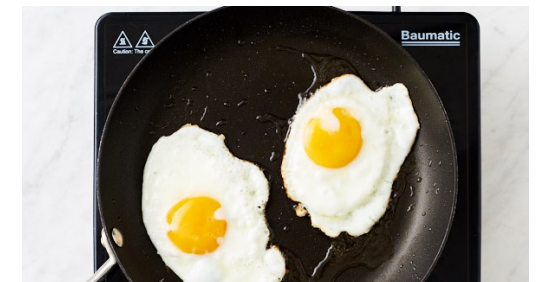
4. Make refried beans

Add the **beans, garlic, Mexican seasoning** (see cooking tip), **lime zest** and **60ml (¼ cup) water** to the pan and simmer for 3 mins or until the beans have broken down slightly. Transfer to a bowl and roughly mash with a potato masher until almost smooth.



5. Warm wraps

Heat a large frypan over medium heat. Warm the **wraps**, one at a time, for 1 min each side or until softened. Wrap in a clean tea towel to keep warm and set aside.



6. Fry eggs and serve

Heat **1 ½ tbs olive oil** in the same frypan over high heat. Fry **2 eggs** for 2-3 mins until crispy around the edges and set to your liking. Spread the **wraps** with the **refried beans**, then divide the **capsicum, tomato, smashed avocado, eggs** and **remaining coriander** among the wraps. Crumble over the **feta** to serve.