

Mexican Baked Eggs



Preparation time: 45 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Vegetarian

Hola huevos rancheros – not only Mexican for 'Rancher's Eggs', but for a damn tasty and vegetarian breakfast.

Ole! Both hearty and healthy – get your morning started the right way, with this authentic Mexican baked eggs recipe that's brimming with mouth-watering flavours and savoury seasonings.

The whole idea behind rancher's eggs derives from the fact that eggs and beans are a traditional mid-morning dish among Mexican farmers. (They certainly know what's up.) And now it's your turn to master huevos rancheros with this easy to follow recipe.



Ingredients

- 2 tbsp olive oil
- 1 brown onion, finely chopped
- ½ tsp chilli flakes

- 1 tsp smoked paprika
- 2 tsp ground cumin
- Salt and pepper, to season
- 1 large (300g) red capsicum, deseeded, finely chopped
- 400g kidney beans, drained, rinsed
- 400g can diced tomatoes
- ½ cup (125ml) water
- 4 eggs, at room temperature
- ½ cup coriander leaves
- 1 avocado, thinly sliced
- Sour cream, lime wedges and small toasted tortillas, to serve

Method

1. Preheat oven to 180°C (160°C fan forced). Heat oil in a large non-stick frying pan over medium heat. Add onion, chilli, smoked paprika, cumin, salt and pepper and cook for 4-5 minutes, or until softened.
2. Add capsicum, kidney beans, tomatoes and water and bring to the boil. Reduce heat to a simmer and cook, stirring occasionally, for 8-10 minutes, or until thickened.
3. Spoon the mixture into four 1 cup-capacity ovenproof dishes. Make an indentation into each bean mixture, and crack an egg into each.
4. Bake for 15-18 minutes or until the egg is cooked to your liking. Serve with coriander, avocado, sour cream, lime and tortillas.

Notes

If tomatoes aren't fresh in season: skip the pico de gallo, and simply top your dish with some chopped coriander and avocado slices instead.

Or to change up the recipe a little: consider a salsa verde and sliced avocado for a great variation on the red salsa and pico de gallo.

To make the dish gluten-free: stick with certified gluten-free corn tortillas. And for dairy-free: omit the cheese.

LEFTOVERS TIP:

If you won't be consuming all four servings of this dish right away, store the individual components separately and fry your tortilla and egg just before serving.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
423g	1650kJ 394kcal	22.3g	19.2g	3.3g	24.2g	10g	153mg	16.3g
	Vitamin D							
	2.6µg							

All nutrition values are per serve.