

## Mexican Eggs

Serves 2

This is probably hands down, our favourite go to meal if you're after something quick! Packed with fibre, healthy fats and containing excellent sources of Vitamin A, C, K and E, this nutritional powerhouse makes it on to our meal rotation on a regular basis. Great for those nights when you know you won't have a lot of time to cook. It's a very forgiving meal, play around with whichever spices are your favourite, my personal favourite is when i have fresh coriander available!

### Ingredients.

- 1 large onion, sliced.
- 1 Large red capsicum, sliced chunky.
- 1 Chorizo sausage (125g) diced.
- 3 Cloves of garlic, minced.
- 1 400g tin of crushed tomatoes, or if in season, use 5 large fresh tomatoes.
- 1 425g tin of cannellini beans, drained.
- 1/2 tsp crushed chilli powder.
- 1/2 tsp salt.
- 1/4 tsp pepper.
- 1 tsp oregano.
- 4 Eggs.
- 2 Slices of crusty rye bread.

### Method.

1. Prepare all of your ingredients by dicing and slicing.
2. Heat a skillet on medium heat, add chorizo, brown, allow the oil to get released from the chorizo, once the oil has appeared, place the garlic and onion into the pan and sauté until lightly golden.
3. Add your herbs and spices and stir until aromatic, add the capsicum and stir for a few minutes, then add your tin of tomatoes and beans, simmer until it has reduced into a nice thick consistency.
4. While the mixture is simmering away, prepare your eggs in a separate frypan, i like to have a nice runny centre in the eggs to dip the bread in to.
5. Pop your toast into the toaster.
6. Serve up by placing half the mixture on each plate, top with eggs and serve with a side of bread.

### Helpful tips

If you have a skillet that can go into the oven, you could crack the eggs into little pockets of the mixture and bake in the oven for a few minutes. If you'd like to bulk up the meal to serve 4 - 6 as a main, you could add an extra chorizo and some diced zucchini (courgette) and sweet potato (kumara).

Prep time 5 mins

cook time 15 minutes.