



Recipe

Mexican Eggs

Ingredients

- 1 tablespoons olive oil
- 2 cloves garlic (crushed, or 1 tsp garlic puree)
- 4 spring onions finely chopped (medium white onion)
- 100g smoked ham
- 1 green or red pepper, diced.
- 2 tins chopped tomatoes.
- 2 tablespoons tomato puree
- 1 x 400g tin of chickpeas
- Ground black pepper, to taste
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- 1 vegetable stock cube (gently crushed in the foil to sprinkle on)
- 4 eggs
- Bread of choice to serve with

Step 1

Heat the oil in a frying pan / wok. Add the onions and garlic. Gently cook for a minute and add the ham and red/green pepper. Gently cook for another minute Add the tinned tomatoes, tomato puree and chickpeas. Stir through. Add the cumin, paprika, black pepper, stock cube and seasoning.

Step 2

Stir through and simmer for about 10 minutes. Stir occasionally. Crack one egg into a mug. Make a hollow well in the tomato mix and gently pour the egg into it. Do the same with the other egg.

Step 3

Cover with a lid or tinfoil for a few minutes until the egg is cooked.
Serve with choice of bread...yum!