



HUEVOS RANCHEROS (SERVES 2)

INGREDIENTS:

- For the refried beans:
- 1 can black beans, drained
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp paprika
- 2 tbsp water
- For the salsa
- 1 avocado, stone and skin removed, diced
- 1 small can sweetcorn
- 2 medium tomato, diced
- 4 spring onions, chopped
- 1 red chilli, chopped
- Handful of chopped coriander
- ½ lime juice
- To serve 4 small flour tacos, 4 eggs, cooked to your liking
- Fresh coriander, Hot sauce – if you like it spicy

INSTRUCTIONS:

- Place a non-stick frying pan over a medium heat
- Once hot, add the drained black beans and spices and fry for about 8-10 minutes, mashing some of the beans to create a chunky paste.
- In the meantime, mix together the salsa ingredients in a bowl and season to taste with salt and pepper.
- Warm the tacos through in the oven and place on plates ready to serve. Spread the refried beans over the warm tacos and top with eggs of your choice.
- Serve the salsa alongside, sprinkle with chopped coriander and then spice it up with hot sauce if you dare!!

640 cals 32g P 70g C 25g F