

Huevos Rancheros

It's no wonder that Mexican food is so popular these days. It has absolutely everything one could want in a meal.....Healthy, protein packed, light, filling, zesty, spicy, sweet, sharp, salty and unbelievably tasty. How something can be light AND filling who would know? Why 117 million Mexicans of course!

Prep time: 15 minutes
Budget

Cooking time: 20 Minutes

\$ Low

Serves 4

Olive Oil for frying

8 corn tortillas

8 free range eggs

1 clove of garlic, finely chopped

1 small red onion, finely chopped

2 fresh long green chillies, one finely diced, the other sliced for garnish (for those in Mexico, you know which ones to use;)

1/2 tsp of ground cumin

1/2 tsp of chilli powder

400gm tin of chopped tomatoes

Juice of 1/2 a lime

1/2 tsp of sugar

2 tbs of coriander leaves

Sea salt and cracked pepper

Lime wedges, coriander leaves and extra virgin olive oil for garnish

Heat the oven to 160°C.

Heat a medium sized saucepan, drizzle in a tablespoon of olive oil and lightly fry the onion, garlic and finely chopped chilli until translucent.

Add the ground cumin and chilli powder and fry for a further 60 seconds or until the spice aroma starts to fill the room. Squeeze in the half a lime, pour in the tomatoes and sugar, season with salt and pepper and stir well to combine. Bring to the boil and reduce to a low simmer while you prepare the tortillas and eggs.

Heat a large fry pan and drizzle in enough oil to fill the bottom of the pan.

Fry the tortillas, one at a time until golden on each side. Place them on some paper towel and when they are all cooked wrap them in foil and place them in the oven to keep warm. To prevent them drying out too much, turn the oven off and just allow them to sit in the residual heat.

In the same pan, reduce the heat, top up the oil a little and crack the eight eggs in. Turn the heat to low and cover with a lid. This will help the eggs to cook on top without having to flip them. When you start to see a little bit of a film on the yolks, the eggs are done.

To plate the Huevos, place two tortillas on each plate and lean the inside halves against each other, as I have done in the picture. Spoon a generous amount of the tomato salsa in the centre of the tortilla and top with an egg. Garnish with the sliced chilli, coriander leaves, extra virgin olive oil and lime wedges. Buen Provecho!