

Mexican eggs

10m prep | 20m cook | 2 servings ★ ★ ★ ★ ★



12 Ingredients

- 1 tbsp olive oil
- 1 small brown onion, finely chopped
- 1 garlic clove, crushed
- 1 tsp smoked paprika
- 3 (about 300g) tomatoes, coarsely chopped
- 1/2 red capsicum, seeded, finely chopped
- 80ml (1/3 cup) Massel chicken style liquid stock
- 2 eggs
- 2 tbsp coarsely grated cheddar
- Chopped fresh continental parsley, to serve
- Bread, toasted, to serve
- Salt, to season

3 Method Steps

- **Step 1** Heat the oil in a 20cm (base measurement) non-stick frying pan over medium heat. Cook the onion, stirring, for 1-2 minutes or until the onion is soft. Add the garlic and paprika, and cook, stirring, for 1 minute or until aromatic. Add the tomato and capsicum, and cook, stirring often, for 3-5 minutes or until the tomato is soft.
 - **Step 2** Add the stock. Reduce heat to low and simmer for 5 minutes or until the mixture thickens. Season with salt and pepper. Crack 1 egg into a small cup. Use the back of a spoon to make a hollow in the sauce. Pour in the egg. Repeat with the remaining egg. Cook for 2-3 minutes or until the eggs are set.
 - **Step 3** Sprinkle with the cheddar and parsley. Serve with toast.
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RECIPE NOTES

Serves 2 as a light meal.

