

Huevos Rancheros

Beans and Eggs Skillet

hellóchef

Huevos rancheros which literally means 'eggs ranch-style', are traditionally served around mid-morning time on Mexican farms.

Cals 615 • Prot 39 • Carbs 54 • Fat 29

Vegetarian

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🕒 cook: 45 min

R2745



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Huevos | 2 ppl | 3 ppl | 4 ppl | |
|--------------------------|-------|-------|-------|-------|
| Red onion | 1 | 2 | 2 | Piece |
| Yellow pepper | 1 | 2 | 2 | Piece |
| Garlic cloves | 3 | 4 | 6 | Piece |
| Olive oil | 1 | 2 | 2 | Tbsp |
| Salt | 0.5 | 1 | 1 | Tsp |
| Chipotle powder | 2 | 2 | 4 | Grams |
| Coriander cumin powder | 4 | 8 | 8 | Grams |
| Tomato paste | 30 | 70 | 70 | Grams |
| Chopped tomatoes | 400 | 400 | 800 | Grams |
| Water | 200 | 300 | 300 | ML |
| Vegetable stock cube 15* | 1 | 1 | 2 | Piece |
| Honey | 15 | 15 | 30 | Grams |
| Black pepper | 0.5 | 1 | 1 | Tsp |
| Black beans | 240 | 240 | 480 | Grams |
| Organic Eggs 5* | 4 | 6 | 8 | Piece |
| Garnishes | | | | |
| Fresh coriander | 15 | 15 | 30 | Grams |
| Large red chilli | 1 | 2 | 2 | Piece |
| Lime | 1 | 1 | 2 | Piece |
| Grated cheddar 4* | 60 | 90 | 120 | Grams |
| Sour cream 4* | 60 | 90 | 120 | Grams |

Allergens

*15 Celery, *5 Eggs, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal) | 2576 / 615 |
| Fat (g) | 28.9 |
| of which saturates (g) | 17.6 |
| Carbohydrate (g) | 54 |
| of which sugars (g) | 17.2 |
| Fiber (g) | 13.3 |
| Protein (g) | 39.3 |
| Salt (g) | 2.6 |

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **red onion**. De-seed and finely chop the **pepper**. Peel and mince the **garlic**.



2 Fry

Heat a pan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **peppers** and **onion** with a pinch of **salt** and cook for 7-8 min or until softened.



3 Simmer

Once soft, add the **garlic**, **chipotle (spicy!)**, **coriander cumin powder** and cook for 1 min further. Add the **tomato paste**, **chopped tomatoes**, **water**, **vegetable stock**, **honey** and **black pepper**. Simmer for 15 min.



4 Crack in eggs

Meanwhile, rinse and drain the **black beans**. Once the **tomato** stew has simmered for 15 min, add the drained **black beans**, give everything a good mix up and simmer for 5 min further. Using a spoon, make grooves in the stew. Crack the **eggs** into the grooves. Cook for 4-8 min further, covered, or until the **eggs** are cooked to your liking.



5 Prep garnishes

Meanwhile, pick the **coriander** leaves. Finely slice the **red chilli**. Slice the **lime** into wedges.



6 Serve

When ready to serve, sprinkle the hot stew and **eggs** with the **grated** cheese, sliced **chilli (spicy!)** and **coriander**. Serve immediately with a dollop of **sour cream** and a couple of **lime** wedges to the side.