

Huevos a la Mexicana

Scrambled eggs with tomato, onion and chilli, the Mexican flag on your plate

SERVES

2

PREP

10 min

COOK

12 min

LEVEL

Easy

PER SERVING

220 kcal, 14 g protein

Ingredients

4 large (about 200 g) eggs

2 small (150 g), finely diced Roma tomatoes

1/2 medium (60 g), finely diced white onion

1 (about 15 g), deseeded and finely diced serrano or green chilli

1 tbsp (15 ml) vegetable oil

to taste salt

2 tbsp (8 g), roughly chopped fresh coriander (cilantro)

Method

- 1 Beat the 4 eggs in a bowl with a pinch of salt until the yolks and whites are fully combined but not frothy.
- 2 Heat the oil in a medium frying pan over medium heat. Add the onion and cook, stirring, until soft and translucent, about 3 minutes.
- 3 Add the green chilli and stir for 30 seconds, until the chilli smells fragrant and loses its raw edge.
- 4 Add the tomato, season lightly with salt, and cook, stirring occasionally, until the pieces soften and the pan looks nearly dry, 3 to 4 minutes.
- 5 Reduce to medium-low heat. Pour in the beaten eggs. Fold gently with a spatula from the edges inward until the eggs still look slightly wet and glossy, 2 to 3 minutes.
- 6 Remove from heat immediately, scatter the coriander over the top, and serve at once.

CHEF TIP

Pull the pan off heat while the eggs still look slightly wet and glossy. Residual heat finishes them so they stay creamy, not rubbery.

WHY A GOOD EGG SHOWS HERE

Fresh Yolk's golden yolks give these scrambled eggs a deep, rich colour and a flavour that makes every bite feel worth sitting down for. The yolk is the whole show here.



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