

# Mexican Egg Migas

Crispy fried tortilla folded into soft, golden scrambled egg

SERVES

**2**

PREP

**10 min**

COOK

**14 min**

LEVEL

**Easy**

PER SERVING

**440 kcal, 22 g protein**

## Ingredients

**4 large (about 200 g)** eggs

**3 small (90 g), cut into 2 cm strips** corn tortillas (flour also works)

**2 tbsp (30 ml), divided** vegetable oil

**1 small (80 g), finely diced** white onion

**1 medium (90 g), finely diced** ripe tomato

**1 (10 g), finely diced** green chile (serrano or finger)

**60 g, shredded (or mild melting cheese)** mozzarella

**to taste** salt

## Method

- 1 Heat 1.5 tbsp oil in a large non-stick pan over medium-high heat. Add tortilla strips; fry, turning occasionally, 4-5 min until deep golden and crisp. Drain on paper towels; set aside.
- 2 Carefully pour off most oil, leaving just a thin coating on the pan. Reduce heat to medium. Stir onion 2 min until translucent. Add chile and tomato; cook 3-4 min, stirring, until softened and liquid is nearly gone.
- 3 In a bowl, beat eggs with a pinch of salt. Pour into the pan. Cook, stirring gently, 2-3 min until edges just set but the centre still looks glossy and wet.
- 4 Scatter in the tortilla strips. Using wide scooping strokes, fold them through 3 or 4 times. Remove from heat while a streak of glossy, wet egg still remains.
- 5 Scatter mozzarella over the top. Let it melt from residual heat, 30-40 seconds. Season with salt to taste and serve straight from the pan.

### CHEF TIP

Fry tortilla strips until they snap cleanly - underdone strips turn soggy the second egg hits them. Day-old tortillas crisp faster and hold their crunch better.

### WHY A GOOD EGG SHOWS HERE

A golden-yolked egg scrambles to a creamier, richer set than a watery one, so every forkful through the crunchy tortilla carries real depth of flavour.



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